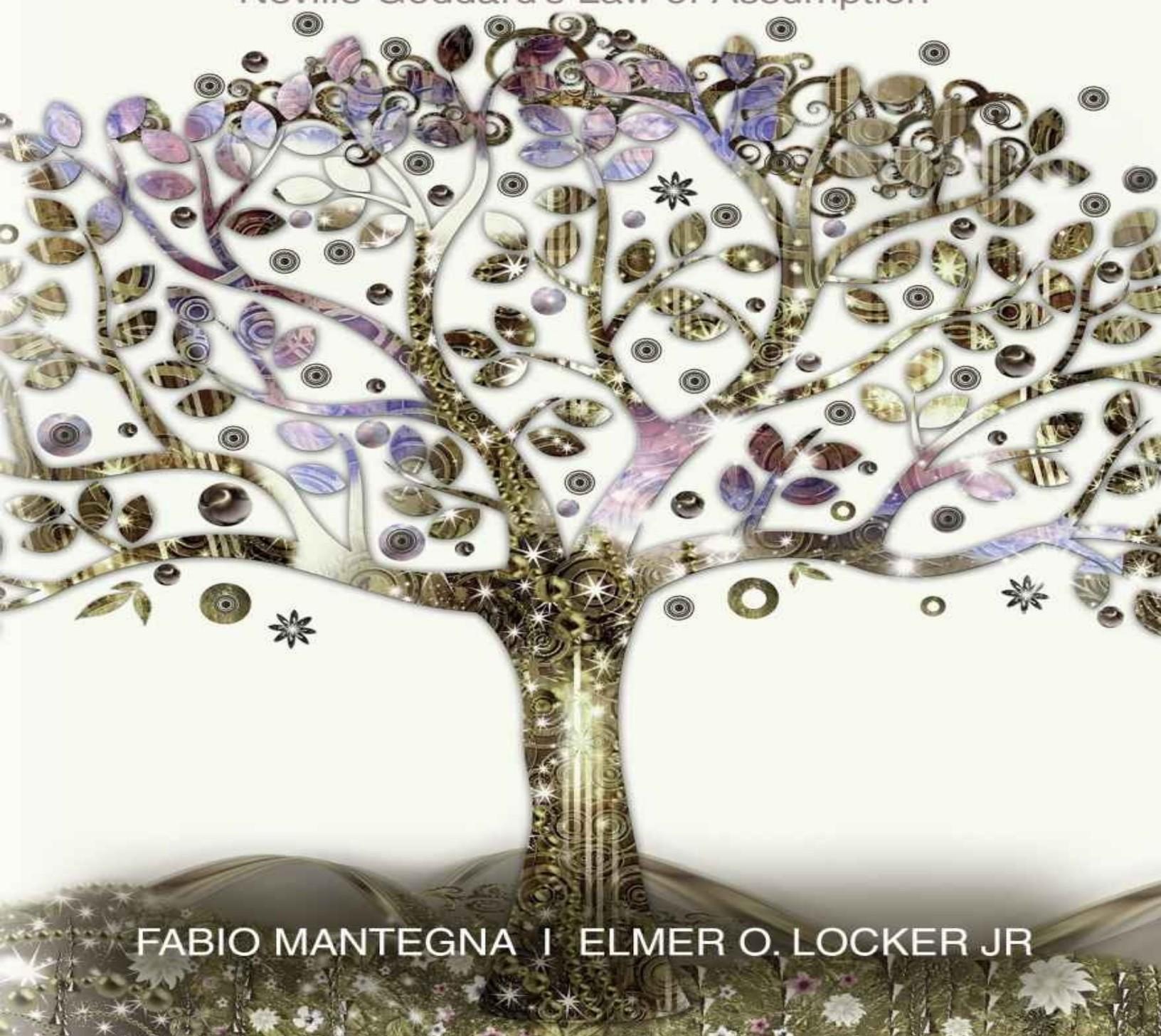


YOU ARE THE WAY

THE TRUTH & THE LIFE

Manifest your Dream Life with
Neville Goddard's Law of Assumption



FABIO MANTEGNA | ELMER O. LOCKER JR

When man begins to discover this power within him, he never plays the part that he formerly played. He doesn't turn back and become just a reflector of life; from here on in he is the affector of life.

—
Neville Lancelot Goddard

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Chapter 1 - The Way So Far

The book that you're holding in your hands right now came to you in a variety of ways. You can decide for yourself at the end of the book whether it is predetermined or just a coincidence that you found this book. I made the experience that there are no coincidences, and we were given the gift to determine our destiny ourselves.

Still, at the beginning of 2022, I was in a so-called life crisis. I had financial problems, was unhappy in my job, and love seemed miles away. I was a prisoner in my nightmare, lost in outer circumstances, until an inconspicuous experience significantly influenced my life and put me back on the right track. I was visiting a good friend. At the time, he had turned over nearly €1,000,000 when I had wagered almost €50,000 through cryptocurrencies myself. I assure you, I read extensively on this type of investment. The difference between us wasn't in knowledge or application. But in feeling. To be precise, it was the attitude towards life!

It wasn't the first time that I had encountered this. And as soon as it popped back into my consciousness, my renewed, deepened journey into manifesting began. I came across the Law of Assumption. In addition, my research led me to Elmer O. Locker Jr who was a so-called VIP member of Neville Goddard. His grandson David runs a YouTube channel^[1] that provides insights into these VIP meetings and has actively helped with the production of this book. I would like to take this opportunity to thank him for his immense contribution to this project. Without his help, you wouldn't be reading these lines right now.

During puberty, I often unconsciously manifested things that outsiders would dismiss as a big coincidence. A vital experience was the manifestation of a lost love whom I had neither seen nor heard of for months. I was deadly unhappy about it, and due to this despair, one evening, I prayed to God – so sincerely, so intensely, and so soulfully as I had never prayed before. I begged God to bring back my love, unaware that I was praying to no one other than myself. I can't remember exactly how long I stayed in this state. My Italian background possibly helped me to allow this intense feeling, this temperament within me, as there is nothing more important to us than love. After at least an hour I felt so exhausted that I fell into bed and deeply asleep right after. Not even an hour later, the incoming call of my lost love woke me up.

Since 2016, Neville had tried to bring his teachings on the Law of Assumption

closer to me. However, I wasn't in the right state of consciousness to accept them at that point. When I read his name, I didn't feel any resonance with him, and so I never thought about him nor his lessons. But that changed completely. Fortunately. The topic of manifestation reoccurred most recently and very practically in 2019. At that time, I came across a group that was just starting up and teaching excellent, deep information about life and manifestation. Today, I know that most of the information taught was based on Neville Goddard's theories.

"Possessed of a self-educated and uncommonly sharp intellect, Neville espoused a spiritual vision that was bold and total: Everything you see and experience, including other people, is the result of your own thoughts and emotional states. Each of us dreams into existence an infinitude of realities and outcomes. When you realize this, Neville taught, you will discover yourself to be a slumbering branch of the Creator clothed in human form, and at the helm of limitless possibilities." [\[2\]](#)

I have been dealing with the subject of spirituality since my childhood, be it religions like Christianity, Islam, Buddhism and Judaism or profound spiritual insights from the most different non-religious teachers of our and past times. I always had a deep relation to inner spiritual truths and theories since the beginning of my existence. This was one of the reasons why I was able to comprehend Neville's teachings deeply and quickly. It's important to know that he was interested in more than just manifesting. He wanted these profound mechanisms of our existence to be understood and applied consciously again.

That was over 80 years ago, and a lot has happened since from a scientific point of view. Especially quantum physics explains a lot of Neville's expositions and why they work. I realized quickly that Neville completed me, and that I could add my experience and knowledge to his lessons. That's why this book starts with an introduction on scientific and spiritual facts that will help you understand the workings of Neville's theories.

Thanks to my experiences and affinity for spirituality, I was able to get into his teachings very quickly once I accepted them. And since his techniques are very simple, I implemented them immediately – with fabulous results. In short: He basically saved my life. He got me out of my life crisis and brought me back to myself. I am deeply grateful for that, which is why I dedicate this book primarily to him.

However, I wrote this book only for one reason: to pass Neville's gift to as many people as possible. The highest possible good for the highest possible number of

people! That's why I wrote this book; so that everyone would get what they are looking for. It doesn't matter whether you're only starting or whether you're already advanced in the topic of manifesting. You will find everything you need to create the life you dream of in this book. You will find all basics as well as more in-depth information on manifestation. Simple step-by-step instructions, hints, and shortcuts, but also profound scientific and spiritual facts that complement the topic. All of this, of course, in reference to Neville Goddard and his lessons, which have been in this world for over 80 years and now hopefully get the attention they deserve.

With this in mind, David and I wish you much joy while learning, understanding and, of course, applying the information, insights and instructions written on the following pages.

Chapter 2 - Neville Goddard And The Law Of Assumption

A short historical excursion into the life of Neville Goddard brings us to the foundations of the Law of Assumption – right into the heart of manifesting itself.

The backstory is important to be able to understand and classify the information that you're about to receive. It is a preparation for the techniques that enable you to learn manifesting properly and in the most effective way. For the backstory, among other things, I use parts of one of the most well-known articles about Neville, “*A Cosmic Philosopher*”^[3] by Mitch Horowitz^[4].

Maybe you were already enthusiastic about history in school – if so, you can look forward to the upcoming! And if not, trust me, it's still worth it! In case you don't immediately understand the meaning of a term I used; you'll find some explanations at the end of the book.

Well then, let's get started with the history lesson.

Chapter 2.1 - A Bridge of Incidents Leading Up to the Mystery

Neville Lancelot Goddard was born on February 19, 1905, in the British protectorate of Barbados in the town of St. Michael and into an Anglican family with nine sons and one daughter. A gossip column from the 1950s described young Neville as *enormously wealthy*. His family owned *an entire island in the West Indies*, it said. The truth, however, was much more modest: Neville described his own English home as happy but ordinary. Among his brothers, as in many families, there was a constant scramble for clothes and seconds at the dinner table.

At the age of 17, Neville came to New York City to study theater – a move that led to a successful career as a variety dancer and Broadway actor. He toured America and England with dance troupes, but lived from hand to mouth in the theater, supplementing his income with jobs as an elevator operator and shipping clerk. When the young actor Neville met a tantalizing assortment of spiritual ideas, his ambition for the stage seemed to fade – beginning with self-proclaimed spiritual groups that sparked his interest in the power of the mind and metaphysics, and later with the help of a life-changing mentor. Neville talks about this very same mentor and his experiences studying with him in his books and lectures. He was said to be a rabbi who called himself Abdullah – also known as Arnold Josiah Ford. Neville stated there was something fateful about their first meeting around 1931.

From this point, his interest in esoteric interpretations of the Bible deepened, and he delved even more into spirituality and the legislations of our so-called reality. Abdullah, who was of Ethiopian descent and Jewish faith, lectured on esoteric Christianity and taught both Neville and Joseph Murphy. Neville initially went to see him only to a friend's constant urging, under protest, saying, "I remember the first night I met Abdullah. I had deliberately delayed attending one of his meetings because a man whose judgment I didn't trust had insisted on my presence." At the end of the meeting, Abdullah approached Neville and said, "Neville, you are six months late!" Startled, Neville wondered how he knew his name when Abdullah said, "The brothers told me that you were coming and you are six months late." Then he added, "I will stay until you have received everything that I must give you. Then I will leave."

From this acquaintance, Neville studied Hebrew, the Kabbalah, and the hidden symbolic meaning of the Scripture with Abdullah *for about 5 years.* [5]

The study of the symbolic meaning of the Scripture is also the reason why you'll find some Bible quotations throughout the book. Neville himself has often used them to support his explanations and make them more understandable. He has studied a wide variety of scriptures, but especially the Bible. And there is also an essential reason why Abdullah had him study these scriptures; they are basically nothing more than a manual on how to manifest and how life works - however, only if you don't take them literally. The Bible authors thought, wrote and spoke differently than we do nowadays. For them, it was about analogies or symbols. Every sentence had its meaning, which was perfectly understandable at that time. Thus, the Bible should never be understood literally.

This is one of the secrets that Abdullah taught Neville about the Scripture.

It is also the reason why Neville could fluently quote the Bible and many other books, e.g., by William Blake or William Shakespeare, which carried the same knowledge, in his public lectures. This came about after Neville finished his studies with Abdullah and mastered the techniques he had learned.

From then on, his path took him across the United States. He worked over a period of 34 years, from 1938 to 1972. In the 1950s he settled in Los Angeles, where he gave a series of public lectures on manifesting with the Law of Assumption, which were also broadcasted on television and radio.

In addition, Neville gave regular lectures on the Law of Assumption to large audiences at the famous Wilshire Ebell Theater in Los Angeles for many years. He himself not only called it the Law of Assumption, but *the law or the law of liberty*.

In the 1960s and early 1970s, a decade after Neville had begun lecturing to live audiences, he focused on Los Angeles, New York, and San Francisco.

Neville Lancelot Goddard died at his home in West Hollywood, Los Angeles, on October 1, 1972, at the age of 67. He was buried in his hometown of Barbados, at Westbury Cemetery, Saint Michael.^[6]

Chapter 2.2 – Abdullah, the Spiritual Mentor

Unfortunately, very little is known about Neville's mentor Abdullah, though Neville mentioned him frequently. The information handed down looks as follows:

Abdullah, who is assigned to the name Arnold Josiah Ford, was born the son of an itinerant preacher in Barbados in 1877, exactly 28 years before Neville was born. In his early 30s, around 1910, Arnold Josiah Ford came to Harlem and established himself as a leading voice in the Ethiopian movement, a forerunner of Jamaican Rastafarianism.

Arnold Josiah Ford lived in New York City at the same time as Neville Goddard, Joseph Murphy, and many other well-known names. In his lectures, Goddard often spoke about the fact that the first meeting with Abdullah took place in 1931.

U.S. Census records show that Arnold Josiah Ford lived in Harlem, New York City, on West 131st Street in 1930. He lived there as early as 1920, shortly before Joseph Murphy came to New York.

To corroborate the information on Arnold Josiah Ford [Abdullah] and the Ethiopian movement of that time, we let the historians Howard Brotz and Jill Watts have their say.

“It is certain that Arnold Josiah Ford studied Hebrew with an immigrant teacher and was a key link in teaching Talmudic Judaism within the Ethiopian movement,” said Howard Brotz in a study regarding the Black Jewish movement in Harlem. Historian Jill Watts described the movement by saying, “The philosophy of Ethiopianism possessed an element of spiritual power. For many adherents of Ethiopianism believed in spiritual healing and that material circumstances could be changed by God's power.”^[7]

To this day, the identity of Abdullah aka Arnold Josiah Ford has not been fully confirmed. However, the descriptions match those of Neville and how he describes his teacher of the Hebrew language, the Kabbalah, and further holy writings in his lectures.

The study of Hebrew, the mind power metaphysics, the Barbados connection, the time frame, the black rabbi, and the turban – they all indicate that Arnold Josiah Ford was indeed Abdullah, the spiritual mentor of Neville Goddard and several

other well-known names. Despite existing contradictions and gaps in the backgrounds of Neville Goddard and Arnold Josiah Ford, the similarities are striking.

Apart from the confirmed information, there are also some rumors. As these usually contain a kernel of truth, it's definitely worth taking a closer look at them.

It is known through Neville that Abdullah temporarily lived in New York on 72nd Street, which is said to have been a very nice home, owned by Morgenthau Senior. His son, Henry Morgenthau, was the U.S. Treasury Secretary at the time. Morgenthau Senior owned the house, but didn't live there, and so rented the second floor to Abdullah.

We're talking about the 1930s, at the peak of the segregation era! And yet, this Ethiopian man whom Goddard described as "black as the ace of spades" could do whatever he wanted in the middle of the United States. Even though the Jim Crow laws^[8] were in effect! But Abdullah never felt unwanted. It wasn't part of his consciousness. This is also the reason why he naturally sat in the front row when visiting the New York Opera, which he loved very much.

People from all social classes, doctors, scientists, bankers, businessmen, and many more sought an audience with him as they were tipped off by *Morgenthau Senior*. Among them were very famous names like *Carnegie*, *JP Morgan*, and *Rockefeller*, names that are still very well known today. This is because they realized the wildest dreams that one can have in a lifetime. Whether the fulfillment of these dreams is honorable or moral, is a different matter. However, my point here is the following:

Do you think all of this is coincidence?

Do you think it is a coincidence that the people mentioned above were able to fulfill their dreams after visiting Abdullah? As you can probably guess, the answer is *NO!*

It is still important to know some background in order for you to understand that manifestation isn't a spiritual superstition, but a scientifically proven concept which actually works. This will strengthen your *faith*, *knowledge* and *conviction* and thereby *accelerate conscious manifesting* immensely.

So, Abdullah taught that you could create your own new reality regardless of the circumstances in your life. And that by changing one's own words and thoughts, which in turn change one's feelings and thus one's circumstances. This is also the reason why people like Morgenthau, Carnegie, JP Morgan, and Rockefeller,

according to lore, were perceived as very nice by those around them. They thanked everyone for everything, be it employee, friend or stranger.

Chapter 2.3 – The Feeling is the Secret

Abdullah said to Neville, „Live as though you are there, and that you shall be.“ So Neville did just that, and thereby he recognized the following, important fact: That it is essential to accept the feeling, thus, to feel that one has already achieved a goal to actually achieve it. In doing so, the feeling of the achieved goal can be reflected from the inside out.

When one's imagination is felt in the heart as true and given, then the seed of manifestation is set, and it begins to germinate and blossom until its fruits come to bear!

Neville fully internalized this realization when he planned to visit his family in Barbados for Christmas. He described his experience at the time as follows:

[...] My old friend [Abdullah] taught me that lesson vividly back in 1933. There was a deep depression in this land. Many of you are too young to remember it, but I am now almost 67 and I went through the deep depression back in New York City. I was a dancer, and who would pay a dancer when they couldn't eat? All the theaters were closed. I don't think more than 3 theaters out of 50 were open in Times Square. So, who wanted a dancer? I would have danced for anything for a meal, and no one wanted to pay a dancer.

So, what would I do? I wanted to go to my little island called Barbados, and I had no money. But when I say no money, I mean NO money. Not just a little bit, but none.

I said to my friend Abdullah: *Ab, I would love to go to Barbados.* He said to me: *You are in Barbados!* I said: *I am in Barbados?* He said: *Yes, you are now in Barbados!*

I didn't quite understand what he was telling me. I learned it afterwards. He was telling me that if I want something, I must assume that I have it.

I want to go to Barbados? - I AM in Barbados!

So, for this night, when I sleep, I sleep in Barbados. How? In my imagination! And how do I know I'm there? I think of New York City where I am physically sleeping, and see it to my north, 2000 miles northwest of where I am in Barbados. Well, the months went by, and I didn't see any evidence.

So, I said to him: *You know, Ab, if I don't get the next boat, I can't go to Barbados.* Because no planes will fly; no commercial planes are flying in those days. He said to me: *Who said you are going to Barbados? You are in Barbados! You can't discuss HOW you're going to Barbados when you are already IN Barbados!* Then he walked straight to his room and slammed the door in my face which was not an invitation to follow him... If you knew him, that's how he taught me.

I have to fall asleep like I'm in Barbados. And when I went to bed, though in New York City, I had assumed that I am actually in Barbados, and see New York City not under me, but 2000 miles to the north of me. Within 48 hours after that, I found a letter under my door from my brother Victor. And in that letter, he enclosed a small little draft, 50 dollars, along with the message: *I have told the steamship company, the Furness Withy Company, to issue you a ticket and charge it to me. The fifty dollars is simply if you want some little thing like a suit of clothes.*

In those days you could buy a suit for twelve dollars, a fairly decent suit. You could buy a pair of shoes for 3,50 or 4 dollars, but he says: *That fifty dollars are for anything you may need to get aboard the ship. But sign the bills and I'll meet the ship and pay all expenses and all the tips. So, it's not for tips above the ship.*

I went down to the place and I told them what my letter said. I read my letter to them. They said: *Mr. Goddard, we only have steerage from now on, but when we get to Saint Thomas, the Virgin Islands, you may have first-class because someone disembarks in Saint Thomas.*

I accepted it. I went back to my friend Abdullah and I told him: *Ab, it worked. I'm going on the 6th of December, but I have to go steerage until we hit Saint Thomas and then we go first-class to Barbados.*

You know what he said to me? He said: *Who is talking of going to Barbados? You have gone to Barbados, and you went first-class!* Well, what are you going to do with a man like that?

I went straight to the boat on the morning of the 6th, expecting to go steerage to the Virgin Islands, when the man said to me: *Mr. Goddard, we have a nice surprise for you. We had a cancellation and so now you're going to first-class.*

He [Abdullah] wasn't surprised. I wouldn't even call him to tell him, because there was no other option for him anyway. He was trying to teach me a lesson. [...]”^[9]

Abdullah taught Neville Goddard various manifestation techniques, but above all, the *Kybalion*: the teachings of Hermes Trismegistus! These principles are the basis of manifestation, the regularities of this so-called reality.

Chapter 2.4 - The 7 Hermetic Principles of the Kybalion

The teachings of Hermes Trismegistus^[10], who is the mediator of the Hermetic Principles, exist – according to tradition – already since the beginning of all existence, thus of mankind. They are the basic law to which the entire universe is subject.

The book *Kybalion*^[11] contains these 7 principles. They are the cause of every manifestation and serve as orientation to understand some things better. Let's take a closer look at all 7 Hermetic Principles and their modes of action:

The 7 Hermetic Principles: [\[12\]](#)

1. The Principle of Spirituality:

The universe is spirit, the human being is spirit. Everything is consciousness!

2. The Principle of Correspondence:

As above, so below. As in the microcosm, so in the macrocosm. As within, so without!

3. The Principle of Vibration:

Nothing is at rest, everything moves. Everything vibrates and can be modeled at any time!

4. The Principle of Polarity:

Everything has two sides. Right or wrong. Good or bad. It's two sides of the same coin!

5. The Principle of Rhythm:

Everything flows, everything has its tides. Rhythms and cycles create balance and movement!

6. The Principle of Cause and Effect:

Every cause has its effect, every effect has its cause. There are no coincidences!

7. The Principle of Gender:

Everything has two poles. Everything carries male and female principles. Everything gives and receives!

The original translation wasn't quite error-free, as the 4th principle should actually be called:

4. The Principle of Polarity Duality:

Everything has two sides. Right or wrong. Good or bad. It's two sides of the same coin!

Everything has two sides – however, only from the observer's point of view. Truth is, it's always the same coin. The perspective of observation is the variable.

Moreover, the 7th principle should actually be:

7. The principle of Gender Polarity:

Everything has two poles. Everything carries male and female principles. Everything gives and receives! Everything carries two poles, even the coin.

The reason is: Polarity and duality are not synonymous. Polarity is complementary and interdependent.

Duality, on the other hand, exists only from the observer's point of view and is therefore contradictory. The following examples clarify the thought.

Polarity: male and female, heart and mind, electric and magnetic, plus and minus

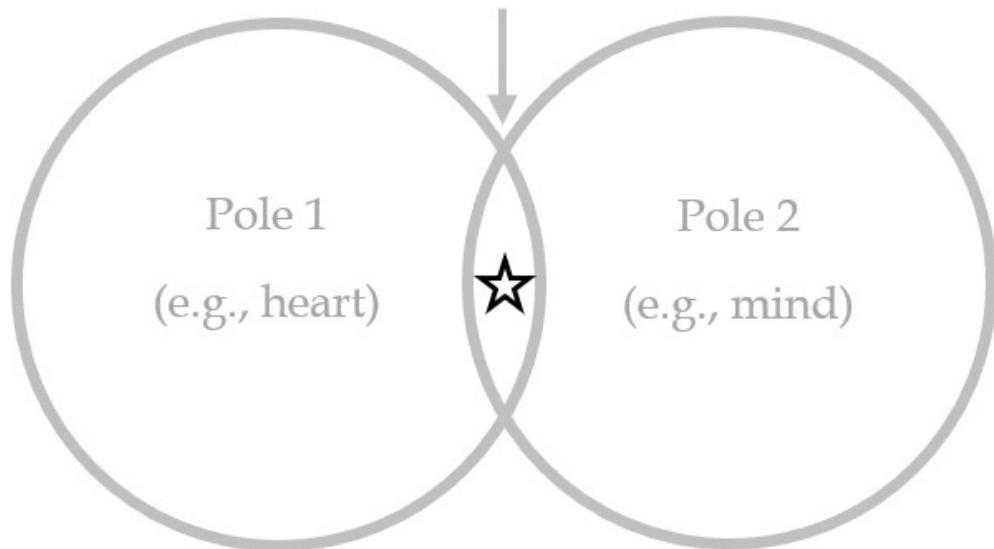
Duality: right or wrong, yes or no, good or evil, particles or waves

Polarity is objective and indispensable (plus and minus). Duality is subjective and allows only one side (right or wrong) depending on the state of consciousness.

The balance of two poles is also called *coherence* or *zero-point*. This is where *EVERYTHING IS POSSIBLE!* The full potential can be unfolded. Such states can be reached by the coherence of heart and mind.^[13] That is, a balance or unified interplay of thinking and feeling. Mostly, this coherence comes about in moments of happiness.

Polarity

Coherence/Zero-point



*Balancing of two poles
= full potential*

For humans, the balance of duality means an expanded view of things; a state of consciousness that can clearly see the truth. Out of yes or no, right or wrong, good or evil. Everything that exists, is of *equal weight* and *value*, but we weight and value differently through our interpretation rather than seeing the coin as it is – neutral! For only in wholeness, we can discover the truth!

Try to make sure that the above information is clearly defined for you if you want to deal with this or a similar subject matter in the further course of your life. Otherwise, you must assume that the information comes from a state of consciousness that doesn't know or understand these basics.

If this is all new to you, but makes perfect sense, you may wonder why you've never heard of the Hermetic Principles before. The good news is: It isn't necessary to know the Hermetic Principles to manifest, since we manifest all the time; even now, at this very moment. However, many of us manifest mostly unconsciously. Mastering manifestation means to manifest consciously, to apply the Law of Assumption purposefully, and thus to fulfill our desires. Knowledge of the Hermetic Principles is needed to fully master the basics of manifesting. It is needed to manifest greater desires, and to maintain the desired state over a very long period - especially with periods across entire generations.

Now, what may surprise you: Such conscious manifestations have been made throughout history, some for several centuries and some for millennia. There are groups who try to maintain such manifestations and don't want people to know about the powers that reside within us, let alone how to apply them. They believe that the less people know about it, the less their manifestations will be affected or influenced. Fortunately, many groups like priesthoods, brotherhoods or secret societies have this knowledge. Some of these want to keep it secret by all means, while others willingly spread it to common people.

Abdullah, for instance, received this knowledge from a group of Jewish rabbis, a priesthood. They have worked to make the knowledge of our inherent powers available again to mankind. Why *again*? Because there was a time when this was common knowledge for everyone. There was a time when all people knew about manifestation and how our reality was constructed. But for various reasons, this knowledge was forgotten and hidden! This circumstance was the reason for Abdullah's actions as well as for Neville Goddard's actions. It is also the reason why David and I are doing what we are doing right now. The reason for carrying this knowledge into the world is and has always been the same:

When man begins to discover this power within him, he never plays the part that he formerly played. He doesn't turn back and become just a reflector of life; from here on in he is the affector of life.

Neville Lancelot Goddard

The faster we bring responsibility from the outer world back to ourselves in the inner world, the faster we create a world where we experience peace, happiness and miracles!

Chapter 3 - The Scientific and Spiritual Aspects of the Law of Assumption

After the historical insights, we will look at the scientific and spiritual aspects in the following section. These explain the Hermetic Principles at a deeper level and why manifesting works at all.

When it comes to the scientific aspects, things get pretty crazy. And with the spiritual topics, you may feel some resistance arise within you.

Nevertheless, my recommendation is to read on and let everything sink in for the time being. Further along into the course of the book, you'll be able to clearly recognize the thread and meaning in the manifestation techniques.

Chapter 3.1 - The Scientific Aspects of Manifesting with the Law of Assumption

Let's lay the foundation of how reality is created and how we thereby adopt the state of our desired reality. This will show you why and how the Law of Assumption, as defined by Neville Goddard, works.

We mainly address three different scientific areas that complement each other:

- quantum physical effects
- electromagnetic fields
- Nikola Tesla's I^3

If you have never heard of *Nikola Tesla's I^3* before, that is because it hasn't been published in any known scientific writing yet.

If you want to know the secrets of the universe, think in terms of frequency, vibration, and energy.

—
Nikola Tesla

You'll learn the meaning of this quotation and the scientific aspect concerning the Law of Assumption in the further course. First, however, I would like to delve into the difference and the effects of objective reality and subjective reality, which leads us to the topic of constructivism. Nowadays, constructivism represents two main trends. One trend describes it as follows:

There is only *ONE* reality, which is objective, thus independent from every one of us, and scientifically measurable. But: The individual perception of this reality creates a subjective reality for each of us and varies accordingly.

The other trend describes constructivism as follows: Our subjective reality, that is, our perception, is responsible for creating our objective reality.

Basically, both trends are just two sides of the same coin. If we grasp the theory in its entirety, it looks like this:

- Reality is objective and can be measured scientifically. However, there are countless parallel realities, also called space-time dimensions, which exist simultaneously.

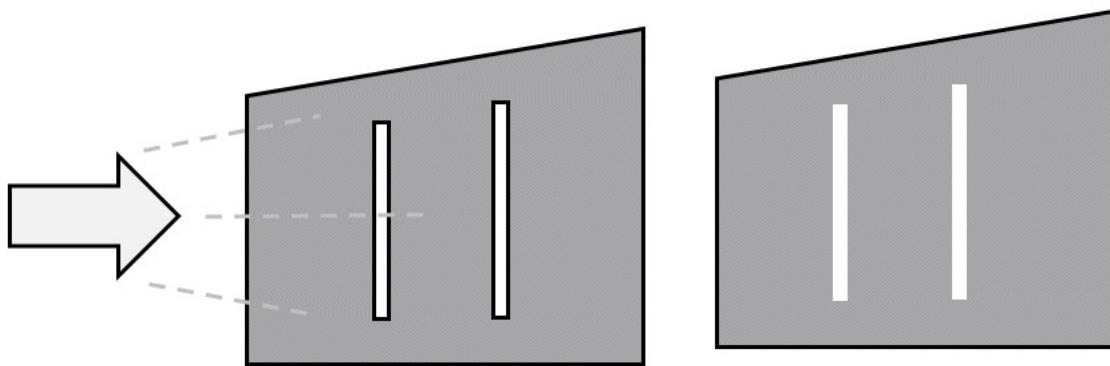
- Our subjective reality, thus our perception, doesn't form the objective truth for this is independent of us. But our perception lets us change between the space-time dimensions, thus objective realities! It's comparable – simply put – with an optical illusion. Often, we find it challenging to discover a second image in our first interpretation of it. However, once it reveals itself, we can no longer unsee it. The image itself has not changed, yet our perception has.
- We cannot manipulate or shape objective reality, but we can change our subjective reality.
- Changing our subjective reality leads to a change in our state of consciousness. This again lets us adopt the state of an objective reality existing parallel to us, whereby we change into this space-time dimension. It may sound like science fiction, but it is pretty simple.

This unification of constructivism is essential to understand the meaning of manifestation and how it works. It will also help you understand the quantum physical effects which we will examine in the next section.[\[14\]](#)

Chapter 3.2 - The Double-slit Experiment and The Astonishment of Science

The Double-slit experiment^[15] went as follows: First, scientists set up a plate with two parallel, vertical slits in the middle of a room. Then they set up a particle accelerator at one end of the room to shoot electrons through these slits to the other end of the room.

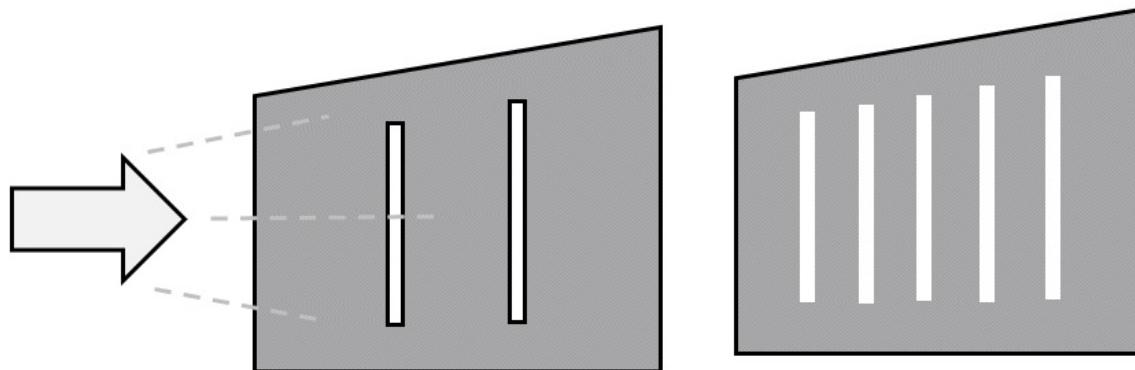
The result: After the shots, the wall showed two parallel, vertical stripes of electrons - over the entire duration of the measurement, i.e., the observation of the experiment.



Double-slit experiment with measurement

In case you're wondering what's so special about it: The *unbelievable thing* is yet to come. The previous result was completely logical – if we replaced the particle accelerator with a water pistol, we would see two vertical stripes of water on the wall instead of two vertical stripes of electrons. The exciting part is the following:

The scientists repeated the experiment in many different ways. In one of these variations, the experiment was conducted unobserved. This means, there was no measuring equipment or person in the room to observe and confirm the result. When the scientists returned to the room after the electrons had been fired, they found *several* vertical stripes on the wall, even in the middle and outside the expected area.



Double-slit experiment without measurement

For science, the result of this experiment was incredible. They did it repeatedly, but the result remained the same:

- With measurement, two vertical stripes
- Without measurement, several vertical stripes

So, what happens here? Electrons are in a so-called *superposition* without observation - they have several different states at the same time. They are waves and particles at the same time. In a nutshell: Without observation, there is no dualistic stamp. With no measurement or observer in space, there is no consciousness that carries the reality that the electrons are particles. The result is thereby open and not predictable. We could also say: *The ways of God are unfathomable!*

The fact that this interpretation isn't purely based on religion and faith will be relevant when we get to the manifestation techniques. The way a manifestation shows up on the outside cannot be observed. We don't know *HOW* and *WHY* things suddenly arise, and that is precisely the trick! Because if we were able to observe the path toward manifestation, then the unfathomable could not perform its apparent magic. The electrons would remain particles instead of having all possible states, being particles and waves at the same time.

What science considered as unbelievable, confirmed the first and third principle of the Hermetic Principles.

1. The Principle of Spirituality:

The universe is spiritual; the human being is spirit. Everything is consciousness!

Related to the double-slit experiment, this means: We are consciousness, as we observe, perceive, and interpret.

Our consciousness interacts with the outer world, which is nothing but a projection of our consciousness. We will go into this in more detail later.

3. The Principle of Vibration:

Nothing is at rest; everything moves. Everything vibrates and can be modeled at any time!

Related to the double-slit experiment, this means: Even if it may seem impossible – everything is in vibration and can be modeled by our state of consciousness at any time. We influence the outside world with our perception. The way we perceive it makes all the difference. We influence the result through our state of consciousness. This means that we are able to determine our fate by our interpretation, thus our mood, thoughts, and feelings! If we change our perception, thus our thoughts and therefore our feelings, we change our destiny! The world is a place full of states and these states can be changed if we change our own states (of consciousness).

Why do you think even the German Federal Ministry of Education and Research pointed out the strong effect^[16] of the placebo effect^[17] as early as 2006? Every drug works stronger because we believe in it and supposedly know it works. Every placebo drug works if we are firmly *convinced* that it works. This even goes so far that in so-called sham surgery, where you only make a small incision and tell the patient after the anesthesia that the operation was successful, the success rate in studies was just as high as in actual operations.^[18]

A similar example is the psychosomatic effect^[19]. Here, too, it becomes clear how our consciousness influences the external world, in this case our body. We create the result through our state of consciousness, through our assumptions. Through everything we *believe*, supposedly *know*, are *convinced of*, and thereby *think* and *feel*.

Dr. Ulrich Warnke, an academic senior counselor at Saarland University in Germany, clarified the interaction between our consciousness and our external world from the viewpoint of quantum physics^[20]. His main focus was the effect of electromagnetic oscillations and fields on organisms. Nowadays, he specializes in the interaction between consciousness and the quantum field.

In an interview with Werner Huemer, Warnke explains, among other things, how thoughts and feelings can influence physical well-being and how our consciousness draws information and energy from the quantum field.^[21]

The theory is: Mind controls matter at every moment. For instance, we talk through muscle movement, which in turn is controlled by neuronal action potentials. These are triggered by voltage changes in transmembrane proteins, which are molecules. Seen from the starting point, you have to enter these molecules with spirit or will in order to set everything in motion.

We could also say: The mind controls the muscle movement, and feelings are the switches to change the molecular bonds and structures in the body. Molecules consist of atoms, which have an atomic shell of electrons. Electrons have an angular momentum or spin which can be altered through consciousness. An electron thereby becomes a positron.

So, if there is certainty in the consciousness through feelings like confidence, it can retrieve a desired information or energy. The theory is therefore, that feelings can specifically support our health, as the placebo effect shows. In addition to medication, for example, belief in the doctor or physician can trigger healing. The important thing is to be confident and to not have any doubts.

The step into quantum physics also raises the question of what exactly takes place within the molecule. All matter consists of masses, electrons, and atomic nuclei – the primary substance of matter. Between atomic nucleus and electron exists a space that is – in relation – *enormous*; if the nucleus of a hydrogen atom had the size of a soccer ball, the next electron would be more than 6 miles away. Considering of how many molecules we consist, that is a lot of vacuum!

The German astrophysicist Harald Lesch^[22] described the relation of the nucleus of a helium atom as follows: “If the Allianz Arena in Munich were a helium atom, then a helium nucleus would be a tiny little grain of rice! That would be the scale of a helium atom’s nucleus.“

There is a model in quantum physics that deals precisely with this *vacuum*. The thought is that this space is full of energy and information – a sea of possibilities. Dr. Ulrich Warnke's abridged version of this says:

“If we fish out one possibility from this sea of all possibilities [quantum field] and have recognized this with sense and meaning[thus interpreted], then a particle arises. It becomes information once we recognize [accept] it. Information must be recognized, otherwise it wouldn’t be information.

We call these particles quanta, be it a photon or a gluon, there are many particles. And then, forces [energy] are transferred and reality arises. This doesn't only work with a single quantum, but also with patterns of quanta. Here's one more essential thing: This vacuum in us, meaning the sea of all possibilities

– if you took that out and leave nothing but our body, there would be about 20 micrometers left of us.

You would need a microscope to search for us. Yet we retain the excess weight because the masses are still inside. But this vacuum is now flowing over in this space, this space is flowing over into the atmosphere of the earth, into the cosmos, into the whole universe. And this whole space of the universe, including my inner space [inner world], is identical to the sea of all possibilities [quantum field]. When I shift something into reality, then this is registered by this so-called memory plate [the sea of all possibilities]. [...]

These patterns all remain. We call this model a pattern order of Higgs particles. We might think that Higgs particles represent this information. And whatever I save here, here and now, spreads immediately as there is no time; there are no masses in this space.

[It spreads] quasi-instantaneously into the whole universe. And at any place in the universe, I could bring out this information and run it back to forces again.“

According to this theory, thought – or more precisely, its interpretation – is the trigger. So, for example, evolution is goal-directed in the sense that you think of a goal first [imagining the end], which then begins to construct the mechanisms towards it [the *HOW* develops].

The idea is stored. However, the storage medium, the sea of all possibilities, knows no time in our human sense; everything is available simultaneously. It is therefore the responsibility of mankind of *WHAT* is stored on the medium, that is, which thoughts and feelings we cherish. Our interpretations.

The Global Consciousness Project^[23] serves as an experiment in this context. Dr. Ulrich Warnke further speaks about the assumption that we are all part of a universal consciousness [the consciousness of God] which uses the same mechanisms as each individual. It is said to be beyond us and control us, but still, we are part of it.

Through the socially accepted technique of meditation, where the logical is blended out and the emotional world is activated, we get closer and closer to – in the theory of Dr. Ulrich Warnke – the imaginal act that is practiced by Neville Goddard. In a state of meditation, we get information that we cannot think of at this moment; and by using the imaginal act, according to Neville Goddard, we can shift the desired state into our reality.

Thus, we bring something from the sea of all possibilities into ourselves that is already stored in the collective consciousness, i.e., the memory disk, the quantum field.

Important: Information and energies are simply states. Interpretation is the key to manifestation! Interpretation is the part of consciousness that invokes the desired state.

The path towards manifestation:

Awareness



Interpretation



Subjective Reality



Conviction



Objective Reality

Other aspects of quantum physics about these topics are:

- **Heisenberg's Uncertainty Principle:** Vacuum fluctuations show that particles can be created virtually from nothing.
- **Superposition:** Particles and even whole molecules can exist in two locations at the same time.
- **Quantum Entanglement:** Particles at different locations can behave the exact same.

From a scientific standpoint, everything that exists consists of these quantum particles, our selves included. This is the second Hermetic Principle.

2. The Principle of Correspondence:

As above, so below. As in the microcosm, so in the macrocosm. As within, so without!

As in the microcosm, so in the macrocosm. [\[24\]](#)

In other words: We can perform all these magic states that the quantum particles perform. Especially through the last point, quantum entanglement, quantum physics shows us that we're all connected with each other on the deepest level. This results in the fact that when our own (consciousness) state changes, all other states automatically change as well! This is the principle of correspondence: As within, so without!

Another aspect of quantum physics, which Stephen Hawking researched until shortly before his death, are parallel universes or space-time dimensions. [\[25\]](#) Far from fiction, this aspect is very exciting as it explains manifestation better than you might suspect:

- You and I exist in all conceivable and non-conceivable versions of ourselves.
- Every state of consciousness that we want to adopt already exists. Every wish that we want to see fulfilled, is already fulfilled – namely in one or the other version of ourselves, which already exists parallel to us in the here and now.
- Parallel universes overlap each other. With the act of manifestation, the Law of Assumption, we are able to switch these parallel universes. We adopt the state of the desired space-time

dimension and so their reality! We are thus multidimensional and have the gift to be any and every version of ourselves – by our emotions, our assumption, our feeling of life.

- All versions of our self already exist. Nothing is created anew. Everything that was, is and will be, has existed since forever, also our desired states. All creation is perfect and complementary in itself! Nothing is ever deleted, and nothing is ever added.

Stephen Hawking was quite aware of this. He realized that several Hawkings, several versions of him, existed parallel to him and that he continued to exist even after his death.

Isn't it crazy? And I promise you, it gets even crazier!

Chapter 3.3 - Nikola Tesla's I³

Nikola Tesla believed that the universe – everything that exists – could be understood by thinking in terms of *frequency*, *vibration*, and *energy*. But what does this man, who is primarily responsible for our present-day alternating current^[26], have to do with Neville Goddard and the Law of Assumption?

The example of an FM radio serves this purpose. Compared to digital radios often used today, FM radios work via ultra-short waves, or in other words, electromagnetic waves with a defined wavelength. The *frequency* indicates the number of oscillations, that is, the measure of how quickly the transmissions follow one another. It determines the signal and thus transmits the information. The *vibration* is responsible for the quality of the information input, and thus, for the interpretation. The respective *energy* amplifies or diminishes the intensity of the signal. Related to Tesla's I³ and manifestation, we get the following:

- **Frequency** = Information (I¹)
What do we focus on right now?
Example: We perceive a song on the radio!
- **Vibration** = Interpretation (I²)
What are our thoughts and feelings about it?
Example: The song on the radio feels good!
- **Energy** = Intensity (I³)
How long and strong are our thoughts and feelings?
Example: We hum along and linger in the song!

Let's add a negative example: the song *Last Christmas* by Wham! Every year around Christmas, George Michael's catchy tune runs up and down the radios - to the chagrin of some who have long since grown tired of it. In terms of Tesla's I³, this means:

Information (I¹): When we hear the song, that is, when we focus on it, most of us shudder.

Interpretation (I²): With this, we interpret it in our thoughts and feelings. In this example, as something negative.

Intensity (I³): Depending on how long we would listen to the song or carry it in our thoughts (and thereby in our feelings) and reject it, the more intensively we reinforce this negative interpretation and increase the intensity.

We hereby confirm the fourth Hermetic Principle:

4. The Principle of Duality:

Everything has two sides. Right or wrong. Good or bad. They are two sides of the same coin!

The *information* is neutral and always remains the same. It is only our *interpretation* that varies and gives a dualistic stamp. The advantage is that we can choose the stamp anytime and thus change the quality of the information.

The entire universe is nothing but a gigantic projection screen²⁷, to project our inner world in the outside world.

Our inner world is our state of consciousness which is the sum of our beliefs, our knowledge, our convictions and the corresponding thoughts and feelings - and therefore completely in our control. This is the secret of every manifestation and of the second Hermetic Principle – as within, so without!

[\[27\]](#)

If the intensity of our thoughts and especially our feelings is strong or long enough, our inner self forms according to it and reflects a situation in life that has the potential to generate similar thoughts and feelings.

However, it is *ONLY* a potential, for we are never subordinate to our external circumstances. We are not at the mercy of our thoughts and feelings, they don't shape us. We can control and direct them. The moment we become aware of this, we free ourselves and decide on a desired (consciousness) state. You are the controller. At any time, you are free to decide of how long you'd like to stay in a particular state of consciousness. We can decide anew in every situation, and thereby interpret and create new circumstances, which manifest themselves in the external world.

To illustrate this, we can imagine the entire universe as a gigantic copy machine. Depending on how intensively or long we cherish specific thoughts and feelings (interpretation I²), sooner or later there is enough thought-feeling material (intensity I³) to receive a manifestation (information I¹) – or a printed page in this metaphor.

Moreover, this will be reflected in our life. When we interpret positively, then we also generate material to create positive circumstances externally; that is, we print a beautiful story.

We humans too often think of our mood as an effect and not enough as a cause.

—
Neville Goddard

In short: If we think and feel positive, as if our wish has already been fulfilled, positive things will happen to us and truly fulfill our wishes. As written in the Bible: “For to everyone who has will more be given, and he will have an abundance. But from the one who has not, even what he has will be taken away!”^[28]

We never receive what we wish for, but what we ARE! We receive what we believe of ourselves, what we know and what we are convinced of! We reflect our self-image.

Do you have thoughts and feelings of lack and therefore avoid giving too much, because you’re afraid of not having enough yourself in the end? This thought-feeling material causes the copy machine to create circumstances in your life that express just that: that you have too little.

Do you have thoughts and feelings of abundance and are grateful to give and share, because you have enough? In this case, the copying machine will create circumstances in your life where you’ll always have enough.

If you feel fear because you assume that something bad is about to happen, and you can feel this fear throughout your body, then expect it to manifest. In fact, it will manifest very fast, because those moments create a tremendous amount of (negative) thought-feeling material for the copy machine. To avoid negative manifestations, do the following: Change your state of consciousness!

You do this by imagining the opposite state, thus using an imaginal act, and feeling this imagination as intensively as possible – as if it were already real! Perceive it with all your senses. You will thereby give the copy machine the required material for your opposite manifestation.

When thoughts compete with feelings, the latter always wins because every feeling carries a much higher intensity than a thought.

Remember: *You are pure consciousness! Your mind, your thoughts and the resulting feelings are your tools. Use these tools to create beautiful things for yourself.*

With the manifestation techniques described here and a little practice, you can stop unconscious, adverse manifestations and steer your life into desired paths.

This leads us to the sixth Hermetic Principle.

6. The Principle of Cause and Effect:

Every cause has its effect; every effect has its cause. There are no coincidences!

Once we fully internalize this principle, we finally take an active role in our lives. We take responsibility for our circumstances, but at the same time we have full control to reshape them. From this point on, we can consciously set causes. *We consciously recreate instead of unconsciously react!* Because every situation that we observe and experience in the outer world was caused by our state of consciousness! By our assumptions! By all the things that we believe, supposedly know, and are convinced of – by our thoughts and feelings.

With this knowledge, we can consciously set the desirable causes that show up as desired effects in our external world. Remember these three points for the following manifestation techniques:

We aim with our focus! (I¹)

What information are you aware of right now?

Everything that we perceive, including our imaginations, our imaginal act itself, is information.

We mirror our thoughts and especially our feelings! (I²)

What is the interpretation of your perception?

Our thoughts and feelings while perceiving the outside world or the imaginal act, is our interpretation.

Intensity is the driving force! (I³)

How intense are your thoughts and feelings when perceiving and interpreting?

Intensity determines how real and genuine the imaginal act²⁹ feels for us.

[29]

Tesla's I³ represent the interplay of perception that creates our reality. They make us change into the desired reality by shifting our states of consciousness.

Chapter 3.4 - How are Electromagnetic Fields Related to the Law of Assumption?

Here the seventh Hermetic Principle comes into play:

7. The Principle of Polarity:

Everything has two poles. Everything carries male and female principles. Everything gives and receives!

We humans also have two poles in the body, even several times. These poles generate electric, magnetic, and electromagnetic fields that constantly *receive* and *transmit*. This allows us to transmit information via the mind (*electrical*), the heart (*magnetic*) or both together (*electromagnetic*). Current research suggests that our brain generates a field up to 3 meters, while our heart generates a field up to 300 meters.^[30]

Feeling is the secret!

There is no greater force that we can use as human beings than our feelings. Our mind, our mental focus, the imaginal act serves primarily to target and trigger the feeling – but we manifest through the strength of our heart, through the feeling of certainty.

The more intense our feelings are, the stronger and wider our field is formed. It is known that this field surrounding us also influences the people in our immediate environment. So, the information and energy about your state of consciousness also spill over into the field of your immediate surroundings. This is because all fields are interconnected and communicate with each other. Here is an example:

If a person got lost in the deepest ice, for example in Antarctica, he still wouldn't be cut off from other people. His electromagnetic field, which transmits and receives information and energies, would still be connected with everything that is – not because his field reaches that far, but because he can transmit and receive his information through subordinate and superordinate fields. For us humans, one of these superior fields is the earth's magnetic field. Through this, it would be possible to call for help.

For example, the lost person could think of a close friend and call for help with an intense feeling. That friend will register it but may not respond. How often do we ignore our impulses, no matter where they come from? However, there are also thousands of experiences of people in dangerous situations where relatives

felt and reacted to the calling.

These magnetic fields show a particularly high interaction in cases where people are strongly connected at the heart level, for instance, mothers and their children, family members or people who are very much in love.

All fields extend over the whole universe. The field of the sun envelops our entire planets in the solar system. The field of the black hole in the center of the Milky Way envelops it. Even space-time dimensions, thus parallel universes, contain these fields.

What we generally define as first intention is the transferred information from fields – practically the original version without our complementary thoughts. As long as we don't deconstruct this information, we can accept it as true. So: Trust your first impulse.

But how can we free the stranded person? Through the act of manifestation! For this is also an information which transmits across all fields at the same time and thereby mobilizes all necessary to show itself in the outside. If the person stuck in the ice imagined himself sitting at home in the warmth again, and intensively *felt* this fantasy as real and lingered in it, this would lead to a supposed miracle, thus the rescue of the said person. Remember: As within, so without!

Chapter 3.5 - Time is an Illusion! But We Discover Cycles Everywhere!

Now it is *time* for the fifth Hermetic Principle:

5. The Principle of Rhythm:

Everything flows, everything has its tides. Rhythms and cycles create balance and movement!

We can easily perceive the following cycles and rhythms as human beings: breathing in and out, day and night, summer solstice and winter solstice, sowing and harvesting, waking and sleeping, birth and death, etc.

Cycles and rhythms look linear from a human perspective, just the way we imagine time – running chronologically. But we should think of these cycles and rhythms more like a rollercoaster, or figuratively, like a lying 8 → ∞ drawn like a sine curve → ~. In physics, this structure is defined as a *Möbius strip*³¹.

[\[31\]](#)

Cycles and rhythms have no beginning and no end, but they vary in their highs and lows. This means that there are times when some activities are more effective, others less.

Let's take the sowing and harvesting season as an example: There is a time in this cycle when it's better to sow, and there is a time when it's better to harvest. If we sow tomatoes in fall, it will take longer for them to grow and form flowers, and some of the seeds may be carried away before being able to thrive. This can be applied to all activities.

We go to sleep at night because it is dark outside, and we follow our biological day-night cycle. Nevertheless, we can also be active at night. This is because the highs and lows of cycles are often individual and partly overriding. It is well known that there are early risers, and people who prefer to be active at night. We feel the performance rise and fall within ourselves, feel the need to process the experiences of the day, and seek rest. We feel the times when we are ready to receive and send, but also the times when we prefer to let everything sink in, and process it. An overriding cycle, for example, is that of the seasons. In spring and summer, the soil is watered, bees awaken from hibernation, the sun shines on the seed, and the plant slowly gives rise to a flower. In autumn, the soil processes the fallen plants as nutrients, and during winter the plants can rest, so that something

new can emerge in summer.

Cycles and rhythms are necessary to create a balance and to make processes, movements, and developments possible at all. Socially, for example, we observe a fading of patriarchy and a balance towards matriarchy. Remember that only in the whole do we recognize the truth. This development is an entirely normal cycle, even though it often encounters resistance, which often happens when cycles change.

Another overriding cycle that has been observed for several decades is the shift from material to spiritual values. Examples would be the internet as a gigantic knowledge database, cryptocurrencies that are taking up increasing space in our lives, or the sharing of material values like couch-surfing, crowdfunding, or car-sharing.

Spiritual values are becoming more and more important, and material values are more and more available to the public. Coaching, expertise, and specialized knowledge are and will be highly valued.

In terms of manifesting, this means that certain manifestations have predetermined times to entirely show themselves on the outside. Thus, it is elementary that we constantly dwell in the desired assumption until the manifestation shows itself completely – for the reflection of our inner world in the outer world is also cyclical.

You probably heard about cases where a certain type of man always attracts a certain type of woman (or vice versa), or cases about the relapse of a medical condition or a recurring quarrel. As long as we remain in this state of our inner world, we will be confronted with these recurrences; for our unaltered inner world, that is, our state of consciousness, manifests itself cyclically in the outer world.

Chapter 3.6 - The Spiritual Aspects to Manifestation with the Law of Assumption

Before we dive into this chapter: I will use the word *God* more often. By this, I don't mean a specific God from the known religions. When I speak of God, I mean the primordial information, the primordial energy, the *primordial consciousness*, which is the basis of all being and all religions and which has been interpreted by them in various ways and means. Therefore, it is completely irrelevant what we believe in. We all speak of the same original consciousness.

No matter which religion you belong to or if you belong to one at all: All ways and all religions lead back to one consciousness. Neville mainly relied on the transcripts of the Bible to show the way to the original consciousness. He could just as well have used the Koran, the Talmud, the Indian Vedas or other religious scripts for it.

The original meaning of the term *spirituality*, which refers to this primordial consciousness, is *with spirit or soul*, and thus we come relatively close to its definition. Shamans say: *Everything is ensouled!*

This correlates with the first Hermetic Principle which is the only necessary spiritual knowledge.

1. The Principle of Spirituality:

The universe is spirit; the human being is spirit. Everything is consciousness!

Everything that exists, is nothing else than the consciousness of God. Indian mythology expresses it in the following way: "The origin of the world is the dream of God. God, as a being and infinite, pure consciousness, began to dream. Ultimately, we and the whole world are nothing but the dream, the consciousness of God."^[32]

Everything we perceive and our conditional consciousness are part of the all-encompassing unconditional consciousness of God. The whole world and everything that exists in it is divine. Every human being is divine! There is only one power, one being, one body, one mind, and one soul! We, and everything that is, are the expression, the imagination of God! Therefore, our imagination is the same power that creates this world.

When it says, "God isn't far from each one of us. For in Him, we live, weave, and exist"^[33], it is expressed that we are made of God, and this power itself lives in us. This is why many people report a spiritual experience in which they feel

connected to everything, whether in meditation or nature. There is only one matter, the consciousness of God, and everything consists of it!

Have you ever become aware that you were only dreaming, and thus could consciously control it? If so, can you remember how you controlled that dream? This is manifestation. Just as you can control your dream during sleep, you can control God's dream, or this reality. Don't worry if you have never done that before. It is not necessary for manifesting consciously.^[34]

In your dreams, you meet many known and unknown people. You feel happiness, fun, joy, sadness, fear, anger, and so much more. But rarely or ever do you think: This is all just a dream! What you experience in your sleep, is so realistic that you cry, laugh, or panic out of fear. But where is all this happening? Where does this life in our dreams takes place? *Within you!* And in the exact same way, life happens in waking life; it happens in God – and thereby in you! Just as dreams are our expressed self, so is this life, this reality, God's expressed self. As Neville put it:

“In last night's dream, you may have been worried and believed for a moment that what you were experiencing was real. Outside of yourself and not under your control. It wasn't until you woke up that you realized it was just a dream. If you had realized during the dream that it was only a dream, you could have controlled it and shaped what you were experiencing according to your own wishes and ideas. Now that you are awake again, in the 'real' world, you think it is real and outside of yourself. But I tell you, this world is also only a dream. It is just as much a dream as the one you had last night. This world just seems so real to you and is therefore more difficult for you to control because you think it is independent of your perception. But it can be controlled just like your dream, by a simple act of assumption.”

In other words: Nothing exists outside of you!

The whole vast World is you pushed out. Every person and every situation are a mirror that reflects who you are – or more specifically, in which state of consciousness you are. Everything that you perceive is rooted in you. Consequently, you don't need to protect yourself from anyone nor do you need to fight or force anything in the outer world! What you perceive outside, is yourself. You decide with your assumption, your self-image, your interpretation towards the outer things, how they should behave.

Neville also said the following about God's dream: “*God is dreaming within you, and you can test Him at any time if you are attentive. Sit down, think of a friend,*

and watch this wonderful being creating mental images of him. The God of the universe is one with your wonderful, human imagination. “

Our imagination is not only spiritual perception. It is just as real as what we perceive outside – we couldn't imagine the things if they didn't already exist in the here and now. The whole creation is perfect and complementary in itself! Everything is intertwined. Nothing is able to exist without the presence of the other. Nothing is more important and more significant than you – it is physically not possible. Everything that exists, is dependent on you. Nothing could exist if you didn't exist. Everything is dependent on everything. *You are everything that is!*

„I am the Alpha and the Omega, the beginning and the end, the first and the last.“ [\[35\]](#)

At this point you may ask yourself: What do we mean by such terms as body, mind, and soul if we are all one substance, one cause?

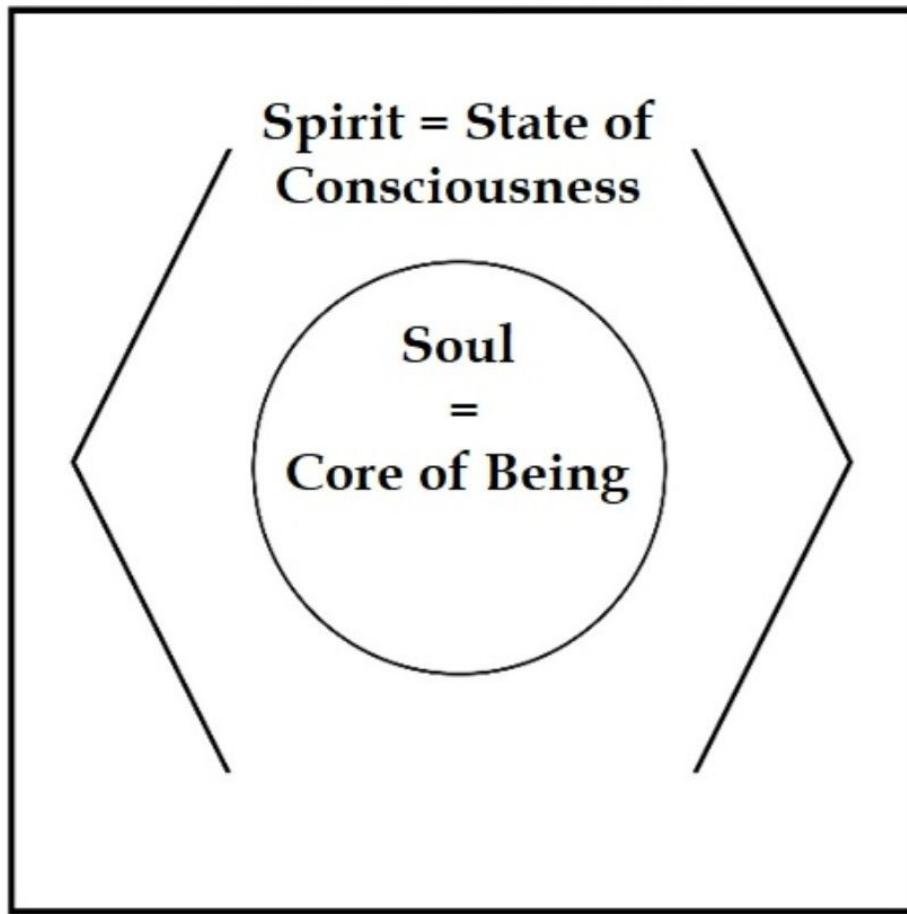
This has a lot to do with the fact that we humans are always looking for more, that we want to find out more and live out our spirit of discovery. At the same time, every search also includes what we have found - we already have an idea of what we can find.

„Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.“ [\[36\]](#)

From this certainty, we have collectively manifested the distinction between body, mind, and spirit according to the following definitions:

- **The body** is every physical manifestation that we can find in our world.
- **The mind** is any state of consciousness that we can have, assume, or experience.
- **The soul** is the core of our essence, our true being and the direct connection to God.

Body = Manifestation



The difference between the mind and the soul is easy to explain. Imagine you suffer amnesia, wake up, and can't remember anything you've ever experienced. Your mind has lost information or access to it. What always remains, however, are the essential characteristics of your true being, your soul.

Even if you are in a state of amnesia with no memory of yourself, your loved ones will recognize you. They will see it in your eyes, your facial features, and how you talk or handle certain information. Your soul, and therefore the core of your being, is unmistakable and always will be. This is your *primordial state*, your *primordial information*; your foundation for all your states of consciousness and the resulting perceptible manifestation. This is your closest, everlasting connection to God – our primordial *consciousness*.

Chapter 3.7 - What does Consciousness Mean, and What are States of Consciousness?

Everything is Consciousness, and Consciousness is God!

We all share the same consciousness. There is only one body, one mind, and one soul. This is the reason why the Law of Assumption works. If one part of the consciousness of God perceives an assumption as true and given, it is automatically assumed as true and given for all other parts. And so, our outer world is formed according to the model of our inner world.

States of consciousness can be regarded as an interplay of *Tesla's I³*. Each conditional state of God's consciousness is a combination of thoughts and feelings. It is interpreted (*I²*) in one direction or the other, carries a certain intensity (*I³*), and is perceived thereby as specific information (*I¹*).

Let's take *fire* as an example. Fire is warm and gets hot when you get too close to it or spend a long time around it. But it can also be used for cooking or forging metals. The fire is the information that is interpreted and preset with a specific intensity. Therefore, it can be experienced as this information – hot.

This can be applied to everything. An airplane was only an idea/thought in the beginning, with an intense feeling of liberty, progress, and adventure. So, there was a state of consciousness that generated thoughts and feelings in the inventor – in such a high intensity that they manifested themselves as an airplane, as information in the outside world.

As we know by the third Hermetic Principle, this consciousness and its states can be modeled by our state of consciousness, so, by our perception, interpretation, and intensity. Often successful manifestations are publicized as miracles, for instance, strong smokers who live up to 130 years, people who can be bitten by poisonous snakes in trance without dying from it, or people who shovel the unhealthiest stuff into themselves without even getting sick from it.

They all live in a state of consciousness which prevents these things from harming them. This has nothing to do with genetics or tolerances. The state of consciousness creates the assumption that the things mentioned do not affect them health-wise, and from there comes the manifestation that they don't get sick or harmed in any way. *The mind rules over matter.*

Abdullah often teased Neville that he hardly drank alcohol and was a vegetarian for a time. For Abdullah, Neville's attitude toward alcohol consumption and

meat abstinence was nothing more than his quibbles, that is, his beliefs. Abdullah was clear that his state of consciousness, that is, his own assumption and interpretation, influenced the quality of the things mentioned – and with this, of course, their influence on his body by consuming them, because our interpretation affects the quality of the information.

If everything is the imagination of God and if this power resides within us, how could this power harm us? This is only possible if we use it against ourselves, consciously or unconsciously.

Our state of consciousness is the sum of all things we believe, supposedly know, are convinced of, think, and thereby feel as true. Our state of consciousness is the cause of all effects we can experience in the outside world.

We control our circumstances and so our destiny by free will and the ability to think and feel!

Chapter 3.8 - Is there a Reason for Everything? Does God expect Something from Us?

Expectation would probably be a bit of an exaggeration. But yes, God had a reason for creating infinite aspects of Himself that are not always aware that they are God. He wants us to *live!* With heart and mind and the divinity we all carry within us. It is about the choices and experiences we want to have in life.

Who am I? Who do I want to be? What do I want to experience? Who do I want to see happy? What wishes do I want to fulfill?

Through this, we learn who we are, and God learns who and what He is. **BE WHO YOU ARE!** That is the desire. Your desire. If we just live our lives without acting out, without intense feelings, then it could be called *lukewarm*. It is then neither cold nor warm. Revelation in the Bible says: “So, because you are lukewarm, and neither hot nor cold, I will spit you out of my mouth.”^[37]

Everything is about feeling. From the depth of feeling, we generate intensity, that is, energy. We should live out our lives and all our heart's desires, feel and experience them. Whether it's anger, sadness, hate, happiness, love, or joy, it makes no difference what kind of feelings we want to experience. The main thing is to *feel life!* We can be cold or warm. We have the free choice; we can decide for ourselves which of God's qualities we want to experience.

The contrast of life, the principle of duality, is God's “trick” to make us realize what we want; through that, God can know Himself. This is the trick to lead us to our true selves, to lead us back to God! Because this world was formed and created in such a way that *EVERYTHING IS POSSIBLE* for us. Everything is provided, all our desires already exist in the here and now! We only have to enter the right spaces – our desired state of consciousness. The key to these spaces is to feel our way into the desired state.

We never receive what we desire, only what we feel as true and given. Feel as if you already have what you desire. This will automatically change your state of mind.

Your thoughts automatically come from the fulfillment of your wish and no longer from the grievance. You are in the state of consciousness of wish fulfillment, in the space of wish fulfillment that you have entered with the key to feeling. *Because feeling is the secret!*

“In my Father's house are many rooms. If it were not so, would I have told you

that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. And you know the way to where I am going.”^[38]

My explanations do not reveal anything new to you. I am only reminding you of what you already know deep inside you. However, only applied knowledge has power. Every single one of us is his own salvation within himself. And if we redeem ourselves, we redeem our world. The solution to all your problems lies within you, in your true self. Your problems are nothing but the effect that your state of consciousness has set as cause. You are your own solution. *You are your redeemer!*

Nobody and nothing outside of you may and can redeem you. Once you've reached the state of redemption within you and liberated yourself internally, it will show itself externally and bring the right situations or people into your life that reflect this redemption. Feeling your way into the state you want for yourself is the master key to all imaginable spaces. This lies in your inner world, your consciousness, your imagination, and the intense feeling of the fulfilled desire.

Neville mastered this procedure and expressed it as follows: “If we adopt the state of perfection, that is, that everything is perfect and excellent for us, then everything around us *will* become perfect and excellent! The sick will become healthy, the poor will become rich, and the sad will become happy!” *As within, so without!*

If you want to create intensity/energy to enter the spaces you want and to control your life consciously, the easiest way is to go into gratitude.

People like *Morgenthau, Carnegie, JP Morgan, or Rockefeller* were perceived as very friendly by their environment, as they thanked everyone for everything. We're not talking about half-hearted acknowledgements; they felt *genuine gratitude* in the moments when they expressed it.

You cannot lie to yourself, that is, to God. You feel immediately whether your gratitude is sincere or half-hearted. Remember: Feeling is the secret! Just try. Feel grateful for every little thing and greatness that life offers you and let yourself be surprised what develops from it.

Studies show that grateful people are generally healthier, more stress-resistant, efficient, satisfied, optimistic, and joyful in life. These are great side effects. But the true, profound impact of gratitude comes from the intense and positive feeling that reshapes our inner world and is thus positively reflected in our outer

world.

God's gift to us and to Himself is to be able to live the life we desire. The nature of these desires doesn't matter. Of course, I don't want to encourage unethical behavior, but God already knows about everything we do and don't do. Every person you meet, every situation you experience, every manifestation is God and therefore you yourself!

God has dreamed Himself into human beings to awaken from man to God again. This is the meaning of resurrection, of ascension. We ourselves and everything that exists, is God. We are eternal dreamers. Behind every face, behind every deed, behind every creation is God.

“So, God created man in his own image, in the image of God he created him; male and female he created them.” [\[39\]](#)

We are the reflection of God and all His creations! We are the creator and the creatures at the same time. We are the sender and the messenger; we are the puppeteers and the puppets in this eternal dream. In the world of transience. In the world of dreams! In Maya! [\[40\]](#)

Everything we perceive and everyone we meet is both ourselves and our creation – our children! Therefore, we should treat the outer world in the same way: with love and understanding. You should exemplify to the outside world what values you want to pass on, for you are God and you have created yourself and everything that you perceive. With this deep understanding and knowledge, you can live a perfect, fulfilled, and free life.

I can imagine that it may be difficult for one or the other of us to comprehend that we ourselves are God.

Alan Watts said the following: *“Jesus Christ knew that he was God. So, wake up and finally find out who you really are. In our culture, you may be called crazy and blasphemous and be condemned for this statement. But if you awaken to God in India and tell your friends and family, 'My goodness, I have just discovered that I am God', then they would laugh and say, 'Well, congrats, you finally figured it out.'”*

If you still can't or don't want to accept what you read here, there is a simple way to test the thesis. The following technique was left to us by Neville and has its origin in the Scripture:

Whisper to yourself 3 times a day about 10 to 20 times: *I am Christ! I am Christ!*

I am Christ! Then the same procedure with *I am God! I am God! I am God!*

By repeating this affirmation, sooner or later it seeps into your subconscious, into your inner world. Thereby it will reflect a situation in your outer world that allows you to experience this inner truth.

This technique caused the awakening for me. I started with *I am Christ* and performed it for maybe a week, then continued with *I am God* for another one to two weeks. A situation was then reflected in my life that made me experience God. Generally, these situations will show up individually, for instance, in the form of a vision, a very intensive dream or a specific situation which lets you experience consciously that you are God yourself.

To accelerate the process, you can record this affirmation in your own voice and play it on a loop just before you fall asleep. In Chapter 6 – The Subconscious Mind – I will go into more detail about how you should recite this recording or affirmations.

My experience of the above exercise was as follows: I had an inner vision. I was lying in bed, and I was overcome by such intense euphoria and ecstasy as I had never experienced before. I closed my eyes, and lifelike pictures arose in me. I felt that I should let myself be guided by these pictures. So, I began to travel through what was being shown to me. I saw the most different worlds – the most different kinds of life. I also recognized the correspondence of these levels to our level, which we perceive as reality. Everything has its correspondence. As above, so below. As within, so without.

The levels I was allowed to experience showed me another, superior view of my current correspondence as a human being. I saw what I had previously referred to as “me” in a new context. This caused an extreme increase in the euphoria and ecstasy which I mentioned earlier. I was completely immersed and absorbed in my feeling of *I AM!*

It is difficult for me to describe it more precisely. I saw and felt dozens of levels and *I AM* simultaneously! And at a point when the euphoria and ecstasy reached a peak, I experienced a so-called kundalini awakening which we know from tantric scriptures^[41]. I had heard some things about it at the time but had never really looked into it. When it happened, however, I knew immediately: This is it!

I remember, an energy built up inside me, so intense that it felt like an explosion. Then, the energy swirled around my spine. It snaked from the bottom up and shot out of my head to the top. This was my steppingstone to even “higher”

levels of God's consciousness. From there, I recognized and experienced *ALL* my correspondences and reflections, all my *I AM*'s in our reality and in the higher so-called realities.

This went on to the point where I recognized myself as God. I awakened from man to God. The tree of life. The eternal dreamer. I became aware that I was everything that exists. I became aware of why I, as a human being, had subconsciously manifested everything I perceived, especially everyone closest to me. I became aware that I had created myself. That I, myself, was the cause of everything that was. In that moment, in the state of God, I asked myself the same question again and again:

Who or what am I?

This question is the reason for everything that is. For all levels of existence, for all correspondences and dualistic aspects of being. Only to help us recognize ourselves.

“*Gnothi seauton - Know Thyself*”^[42]

I opened my eyes again in the state of God and saw as a human being with the eyes of God. And again, I asked myself the question:

Who or what am I?

At that moment, it became clear to me that even through dualistic aspects, which means, the possibility of perceiving oneself separately from oneself, the question of *who or what I am* can only be answered to a limited extent.

However, my desire for answers remained the same, and so a second consciousness manifested itself in the outside in order to recognize me, God – to know *who or what am I?* Subsequently I woke up as a human being.

This wondrous, mystical experience set the cause in me that will take its course from now on. Everything comes back to its rightful place, the word of God as well; the knowledge, the realization of who we are and how we return to ourselves – how we awake from man to God.

Chapter 3.9 - Long Story Short

- We are all connected as a whole, one mind and one soul. This means that when we turn against our counterparts, we turn against ourselves.
- The fact that we can perceive the outside world as an individual, separate from the one spirit, is based in the fourth Hermetic Principle, the principle of duality – everything has two sides. But they are two sides of the same coin.
- Since we are the dream of God, thus His imagination, the reality in our waking state is only as real as we accept it to be. In other words: The circumstances are only valid if we grant them validity!
- By the second Hermetic Principle (“As within, so without”) we know that everything has its correspondences, from which we can infer: Everything that exists for us is also God's expressed self. This is why judgments don't make any sense.
- Also, thanks to the second Hermetic Principle, we know that trying to change the outer world without changing oneself is impossible. It is like trying to paint a mirror in the hope of changing your face.
- We can use God's all-embracing, unconditional consciousness at any time to recondition our own consciousness. How? By adopting a new state of consciousness through our assumption, thoughts and feelings. Thereby we set the cause we want to experience in the outside world!
- All spaces, all manifestations, and all realities already exist in the here and now. A linear course of space and time is only an illusion. Our space is God's imagination, His infinite consciousness. So, the key to our desired spaces (i.e., manifestations) is our assumption, and thus, our self-image or state of consciousness, respectively.

- God creates God, creates God, creates God, creates God... from God! In other words, the whole world (and everything in it) is God's consciousness. Everything that is, every single one of us is divine!
- Creation is perfect and complementary from the beginning of existence. This is why we can adopt the state of all possible realities. We can conclude that our spiritual idea about ourselves is our true self, and our mental conception of the world is the true world. We can only imagine things because they already exist parallel to us.
- The circumstances that we perceive have merely one purpose: They allow us to experience who we really are and what we desire. Our circumstances aren't good or bad, but they serve us to get closer to ourselves and our desires.

Chapter 4 - Use Your Imagination to Fulfill All Your Desires

Elmer O. Locker Jr was a *VIP member* of Neville and therefore one of the few people who studied with him in person and shared these experiences to the public. David provides insights into the personal meetings between his grandfather and Neville Goddard on his YouTube channel^[43].

Neville had supervised this so-called VIP group very intensively – aside from his 14 books^[44] and hundreds of public lectures. The only thing he demanded from the members was to follow his instructions, so that they would achieve the same success in manifestation as he himself.

Elmer O. Locker Jr describes his first meeting with Neville Goddard as follows^[45]:

“[...] I went for just one purpose to Neville Goddard: To find out what a fraud he is and how much money he wanted. And when he came on stage he says: *We want to get one thing perfectly clear right now.*

He says: *The plate will not be passed today. If you want to give me money today, you're not allowed and you're never to give me any money. If I ever ask you for money, get away from me because then I'm just a fraud like everybody else that wants your money. If somebody wants to teach you how to be healthy, wealthy, and wise and needs your money, he is a fraud. He doesn't know how to be healthy, wealthy and wise.* He says: *I do!* He says: *I don't want your money and I will never want your money.*

[Note: Neville Goddard criticized the methodology of many teachers, coaches, and experts and therefore calls it a fraud. Because it is a misconception to think that you can set a cause in someone's life outside of their own consciousness. All methods that try to bring about a lasting positive change in people's lives and thereby disregard the consciousness, the inner world, verges on ignorance or fraud. Regarding the money issue: Neville Goddard did not charge money for attendance at his self-organized lectures in the Wilshire Ebell Theatre from the year 1948 onwards, no donations either. Nonetheless, the costs of his events were always covered by donations from the participants.]

And I'm thinking: *How is this guy going to get around this? He's got to be some kind of fraud, because everybody had always been a fraud.* But he was not a fraud! He gave us something to do.

He says: *I'm going to give you something to do to prove that I am wrong.* He says: *I'm going to teach you right now how to climb a ladder. And what you must do to prove that I'm wrong is do what I'm telling you to do. And if it doesn't work out, I'm a fraud.*

He says: *I don't want your money, but this is the way you climb a ladder. First of all, right now picture a ladder in front of you. Picture it, you can do it. Close your eyes and picture it. Now take your imaginary left hand, reach out and take hold of the side of the ladder with your imaginary left hand. Okay. Now with your imaginary right hand, reach out and take the other side of the ladder. Now with your imaginary left foot, lift it up and put it on the first rung. Now push yourself up and start climbing the ladder. When you get to the top of the ladder, climb back down. Climb back up and climb back down. Now what you have to do, and you MUST do this or nothing I'm teaching you will work. You must put a note inside your wallet, so that when you open your wallet, you have to read it, and you say: I WILL NOT CLIMB A LADDER! I WILL NOT CLIMB A LADDER! You've got to write it on the mirror when you shave in the morning. You've got to write it: I WILL NOT CLIMB A LADDER!*

He says: *Now you must do all this or nothing I'm teaching you will ever mean anything to you and you'll be no good. You must do this; you must mean in your heart that you WILL NOT CLIMB A LADDER. You mean it and you write it down: I WILL NOT CLIMB A LADDER! But you put it down - I won't climb a ladder – everywhere, so that you know night and day that you will not climb a ladder. And for three nights, I want you to climb a ladder to sleep.*

When you go to bed to sleep, take an odd position in bed, one you don't ordinarily sleep in. If you ordinarily sleep on your right side, sleep on your left. If you don't sleep that way, sleep on your back. Then you've got to climb the ladder while you're in an odd position in bed, not just going off to sleep. You have to climb the ladder until you sleep for three nights. And when you wake up in the morning, make sure it's something you see every day - I WILL NOT CLIMB A LADDER! But you're going to climb a ladder in your sleep for three nights.

I did all that and all the other things he said. He said: *You've got to do this, otherwise what I'm teaching you is not working.* He says: *Now, next Sunday I'm going to have another meeting, just like this one, in the back of this building, but that's only for people that have climbed the ladder. If you've climbed a ladder, come to that meeting, because you swore you wouldn't and you did.*

And I thought this guy is nuts, but I took his challenge and climbed a ladder to

sleep for three nights. My mother called me and said she wanted me to come see her on Saturday. She wanted to talk to me. Now I'd been sick. I had dengue fever and I almost died from it. It came on me three times. So, I didn't have any money or a car or anything. And my mother wanted to see me, so I took a bus to Santa Monica. And I get off the bus and I'm walking to the house. My father's on top of the roof and he says to me: *Son, would you hand me that bucket of paint?* I picked up the bucket of paint and I almost fainted, because I'm halfway up the ladder, and I had written I won't climb a ladder on everything. It was on the wall; it was exactly like he said; you've got to put it everywhere you look. I WILL NOT CLIMB A LADDER! I WILL NOT CLIMB A LADDER! God, it's written here, it's written there, and you mean it. *You will not climb a ladder!* You refuse! You're going to prove that Neville Goddard is a fraud and you *will not climb a ladder!*

Okay, I get off the bus, I'm coming home, Dad's on the roof, he says, "Would you hand me that bucket of paint?" I pick up the bucket of paint and I'm halfway up of the ladder and I thought: *I climbed a damn ladder! Just like this guy said...* and he said that anybody that climbs the ladder can come back next Sunday. It's a much smaller meeting in the back of the Wilshire Ebell Theatre.

So, I went to that meeting the next Sunday and he says: *Now you all climbed the ladder? You could have just made a million bucks in cash as easily as you did in climbing the ladder... I'm going to teach you how to be healthy, wealthy and wise and you're never to give me a dime. I do this because I like to do it!*

And bingo, I took off! From that day forward, \$25,000 was like a quarter of a million now, and in the next couple of months I made \$25,000 just doing the exercise like he said and I'm going to see him.[...]“^[46]

Not only did Elmer O. Locker Jr manifest \$25,000 in a few months; he also accomplished impossible things (from the perspective of his closest surroundings) and fulfilled several desires simply by using Neville's techniques. In Neville's book *The Law and the Promise*^[47] he was immortalized for it by one of his testimonials.

Neville Goddard often used testimonials from his students to show what the Law of Assumption, properly applied, was capable of. You will get to read testimonials in the further course.

Chapter 4.1 - The Ladder-Climbing Manifestation

David wanted to comprehend the ladder-climbing manifestation as precisely as possible. He performed it twice. The first time he tried it without the note *I WILL NOT CLIMB A LADDER!* It still worked but took him over a week. The second time he attempted it with the written note *I WILL NOT CLIMB A LADDER!* Within three days, the following manifested:

“[...] On the third day, one of my colleagues from work called me and asked if I could stop by to help him out. I agreed and went to see him. He was working on the roof when I arrived and asked me to come up. I saw the ladder and answered that I wouldn’t come to the roof.

He asked me, ‘*Why not?*’, and I answered him that I wasn’t feeling too well and was a little afraid of heights, quickly making up an excuse. To which he replied: ‘*All right, just stay down there. But why did you come by then? I asked you to come here because I need your help, didn’t I?*’ And I answered, ‘*Okay, well, just wait a minute. I’ll be right back.*’

One of my friends lived nearby, so I took him to my colleague’s house. Once there, I said to my friend, ‘*Please, could you climb up the ladder to the roof and help my colleague for a moment. I’m afraid I can’t climb the ladder!*’

So, he started climbing up the ladder and meanwhile his foot slipped and his pants got caught on a nail on the side of the building. He literally hung with his body on the nail, almost like he was dangling off the side of the roof. That forced me to climb the ladder and help him get off the nail and down the ladder again. In other words, I got up the ladder after three days! [...]”^[48]

The ladder-climbing manifestation is one of the easiest ways to prove to yourself that the information written here really works. When we feel our imagination as real, and when we take this state into sleep, we plant it within ourselves. As *within, so without!*

If you can’t do the ladder-climbing manifestation, because, for example, you climb ladders every day in your job, then you can do the same procedure with a tennis ball or a golf ball or even a rose. So, instead of climbing a ladder before sleep, you touch a tennis ball or a golf ball and feel the shape, the felt or the notches; or you feel the leaves of a rose, you lightly touch the thorn and smell the wonderful fragrance of the flower. We can see, hear, feel, taste, and smell imaginatively! Our imaginative senses are the same as the real ones.

I did the ladder-climbing manifestation, too. However, I'll be perfectly honest, I didn't feel like it – I was downright resisting, even though I had attached the notes everywhere months ago! I had other things in my head going on and absolutely no incentive to imagine climbing a ladder every single night. Months later, after I had removed all the notes, I imagined and felt climbing the ladder for one night, then forgot about it again. It was two or three days later when I was asked to climb a ladder at my parents' house because my father was doing some remodeling. The crazy part is: He had never asked me to climb a ladder before, and the remodeling had been going on for a couple of years! But as soon as I felt it right before falling asleep, it came to me just like that. I can't remember the last time I climbed a ladder. I also didn't resist when my father asked me to do it, because my first thought was: *My God, that was fast!*

The procedure of manifesting is based on physical laws. The laws work, and whether you believe in them or not is irrelevant. Just as gravity causes a ball in the sky to fall down to earth, your imaginal act will inevitably be reflected in your outer world. *As within, so without!*

Science uses the four brainwave types to explain the process. These types show how we carry our ideas and conceptions from the waking state into a relaxed state, then into a sleep-like state, and lastly, into the subconscious. Hence, our ideas and conceptions solidify and are eventually reflected in the outside world.

The four brainwave types^[49] are defined as follows:

- **Beta waves: Consciousness**

Beta waves dominate the waking state of our consciousness. In this state, we are awake (with eyes open), focused and alert. However, depending on our perspective, we may also be anxious, fearful, stressed, or internally restless.

- **Alpha waves: Relaxation**

Alpha waves dominate the consciousness when we focus inward, e.g., relaxing with our eyes closed and letting our focus wander. This state usually produces a calm and pleasant feeling, similar to a long walk in the forest. This state is optimal for acquiring and learning new information, and for allowing the act of imagination.

- **Theta waves: Sleep-like State**

When calmness and relaxation turn into drowsiness (the so-called State Akin to Sleep), we often get to see dream-like and imprecise

mental images. The theta state allows us to access unconscious information, that is, the sea of all possibilities. Perceptions and ideas are transferred directly to the subconscious and are accepted as true, bypassing our mental filters and critical defense mechanisms.

- **Delta waves: Subconscious Mind**

Delta waves are mostly present in the deep sleep phase, also called non-REM sleep. This state is predominantly unconscious and the realm of the subconscious mind. Ideas and conceptions of the consciousness are combined with the sea of all possibilities and being made visible in the external world. Our manifestations develop in this state.

Chapter 4.2 - Neville Goddard's VIP Group

Neville mastered the rules of the game of our so-called reality in such a way that he set one record after another in manifesting, almost like a professional athlete. In his VIP group, he demonstrated his skills over and over. The law of thought transmission was among those.

He placed a telephone in the room, which had a loudspeaker. Then he told the group who would be calling, what the reason of the call would be, and what the caller would tell him afterwards. Of course, the phone rang. And yes, caller, reason and wording had been correctly predicted.

Our rational mind may point out that this spectacle can be simply staged in advance. However, Neville explains the entire procedure in his book *Prayer - The Art Of Believing*^[50]. He describes that you need a carrier for the transmission. For him, this carrier was light. From a scientific point of view, light is nothing more than oscillating, electric and magnetic fields. So, in a sense, he transferred the information from himself to the other person.

To those who consider whether this verges on manipulation – making another person pick up the phone and following someone else's thought: Don't worry. I would like to recall two essential points from the previous chapters to answer the question of morality:

- Creation is perfect and complementary. *NOTHING* can be created or destroyed in any way. The moment in which Neville is called already exists. In the same way, there is a version in which Neville doesn't perform the demonstration.
- We are the dream of God and everything that is. Everything we do to others; we do to ourselves. Nothing exists outside of us. The whole vast World is you pushed out. Our free will is one with the free will of all beings.

For almost six years, my brother and I had a dreadful relationship. It could be described as an emotional disaster, since we had fallen in love with the same woman. In fact, this situation was so deeply rooted in us that it was reflected twice in our outside world during these six years; these cyclic reflections happen to all of us, as long as we hold on to our state of consciousness and the basic feeling resulting from it.

As I began to accept Neville's teachings, they also came to my brother. He, too,

recognized the inestimable value of these teachings and applied Neville's techniques with success. One of his greatest wishes was that our relationship be restored. So, he imagined that we would embrace and forgive each other, and while resting in that feeling, he fell asleep. Few days passed... and we hugged each other in appreciation. He told me about his manifestation only afterwards. What I didn't tell him until this chapter in the book: I also performed the same imaginal act at the same time.

We are all connected to each other. We are all one being. There is only one mind, one soul and one body. We cannot manipulate anyone but ourselves. We can only manipulate our perception and thereby our subjective reality, by which we switch to the objective reality similar to our state of consciousness and the basic feeling resulting from it.

If you asked my brother or me who triggered the reconciliation, then there is a very clear answer to it: everyone in their reality. All possibilities, all realities exist simultaneously in the here and now.

Neville demonstrated this phenomenon – being one with everything – to his VIP group through an exercise. What he achieved with them in only *ONE* afternoon is usually reported by Buddhist monks after seven years of deep meditation practice!

First, the members were told to sit comfortable in a circle of chairs. Then a blanket was placed over each one's head – voluntarily, of course. Sitting like this, the outer world muted, and they should repeat a mantra for hours until they fell into a deep, trance-like state [theta waves].

The mantra was:

Be still and know that I am God! [\[51\]](#)

The subsequent procedure pursued the goal of creating a feeling like that of a moth merging with light. The insect notices the heat but is so euphoric under the spell of the light that it can't help but move closer and closer until it melts into it – even if that means it burns up as a result. This procedure is like resetting the mind, as in our example of amnesia. We lay everything down to our everlasting core of being.

Everyone was allowed to choose their own fateful object, the imaginative lamp. Elmer O. Locker Jr described it as a *shedding of all his earthly clothes*. His skin, his entire body fell off him and he floated up as pure consciousness to a large church bell near the Wilshire Ebell Theater. He merged with the bell and saw the entire city of Los Angeles beneath him. At that moment he realized that he

wasn't just the bell, but the entire city. The bell, the city, the people who live in it. Everything that is.

He realized that nothing existed outside of him, that he himself was everything. That the whole vast World is he pushed out. This experience was no imagination, no imaginal act. What Neville performed with his VIP members was, in fact, a provoked near-death experience^{[52],[53]}. There are thousands and thousands of people who have experienced and reported similar feelings and occurrences.

Neville allowed his VIP members to have the same experience with a safe technique. Elmer O. Locker Jr had this experience – that we are one with all that is, that the consciousness of God is indeed the only reality. *That we ourselves are God*. We are the consciousness of God. We are pure imagination, the substance of our reality. We can consciously control our lives.

Chapter 4.3 – About the Frauds

From this point on, Elmer O. Locker Jr no longer believed that Neville could be a fraud. However, I would like to put Neville's statement about frauds into perspective.

According to Neville, frauds can be identified by the fact that they charge you for teaching how to become healthy, rich, and wise. Very few coaches, however, ever become rich or healthy. The problem is that most teachers work on the effect instead of focusing on the cause. They bombard their clients with apparent knowledge without realizing that the state of consciousness is crucial. In terms of that, they could be called unconscious frauds.

We can learn the best methods to become rich or healthy and think we are wise. However, if we aren't in the state of *being* rich or healthy, then either the success is short-dated, or the desired effect doesn't occur at all.

Our inner world, our state of consciousness, is the only factor we have to adjust. What Neville meant by; *I make you wise* is the knowledge of the state of consciousness as the cause. Since we are all one, he also knew that when he helped others to become happy, he also helped himself to become happy. In his book *The Law and the Promise*^[54], he wrote:

"To live wisely, we must become aware of our imaginal activities, for they result in shaping the experiences in our external world. The world is clay, and our imagination is the potter. We should always imagine ends that are promising and of value."

The law appears to be attracting things, but this is an optical illusion. Just as a ship appears larger and larger on the horizon as it approaches the shore, the reflections of our inner being on the outside appear like an attraction of all things. However, we don't attract them, we accept them. By accepting the desired state and thereby changing the program of the inner world, we mirror it into our outer world. We project our inner world onto the screen which we call the Universe.

The members of Neville's VIP group never had to give him a penny for all the priceless knowledge and experiences. Nevertheless, it should be mentioned that Neville Goddard and his whole family, his parents and his nine siblings, were and are multimillionaires – so always keep both sides of the coin in mind.

Chapter 4.4 - What Exactly was Neville Trying to Prove with the Ladder-Climbing Manifestation?

What was Neville trying to achieve or prove? The answer is simple: If the imaginal act has been performed correctly, that is, if you truly *feel* it like it already happened, and you fall asleep in this state of wish fulfillment, then no power in this world can prevent it from manifesting!

From the moment we sow the seed of our manifestation, the power of God takes over. And since everything consists of God's imagination, everything is set in motion to let the seed grow, prosper, and flourish. It doesn't matter what the external circumstances appear to be. It doesn't matter how big or impossible your desire is. Even if you consciously *resist* your manifestation after the act of manifesting – it would still manifest.

When your imaginative senses are connected with your heart, that is, when you feel your imagination to be true and given, then the seed of your manifestation is sown and begins to blossom until it bears fruits. Every human being has this infinite, indomitable power – we are made of it. This power allows us to imagine every wish and let it become part of our reality. For this, you don't need anything on the outside. You don't need to know the right people, you don't need certain skills, there are no prerequisites. You can be broke and busted, sick or deadly unhappy, and the only thing necessary to change this, is our state of consciousness – our wish and (maybe) the right technique.

By writing down *I WILL NOT CLIMB A LADDER!* the ladder-climbing manifestation is manifested faster in our outer world. The reason is – remember the double-slit experiment – the prevented observation. If we constantly imagine *HOW* or *WHEN* our manifestation shows up, we remain in a state of lack instead of wish fulfillment.

I want to go to Barbados? – I AM in Barbados!

The focus on *I want it badly!* implies *I don't have it!* So, the trick is to let go. Check it off. Take all observers out of the equation, including yourself. In the book *A Course in Miracles*^[55] by Helen Schucman from 1976, she describes an exercise which causes us to let go of attachments and anything in life that drains us. It goes like this:

“Nothing that I perceive has any meaning. Nothing in this room has any meaning. The keyboard I am writing on has no meaning, the monitor I am

looking at has no meaning, the cup of coffee has no meaning.” The exercise even goes so far as to say to yourself: “I have no meaning, my father has no meaning, my mother has no meaning, my siblings have no meaning, my partner has no meaning”, and so on.

Nothing has meaning unless we *give* meaning to things. In other words, our circumstances have no meaning. Our external circumstances only have an effect on us if we allow them to – if we give them meaning.

This exercise soothes our feelings, and through that our mind calms down. If we know how to calm and exercise our mind, the resulting feelings don’t dictate our paths in life.

Chapter 4.5 - Take an Unusual Position to Fall Asleep

Going to sleep in an unusual position signals your mind: *Hello, there's still something to do!* Thus, we automatically remain focused on the imaginal act. You don't get too comfortable in bed and just fall asleep, as you break your going-to-bed-routine. Apply this trick every night before sleep, and your conscious and unconscious patterns will adapt over time.

There are four levels of competence in conscious and unconscious processes. They show the stages from *incompetence* to *competence*. This model was developed by an associate of Dr. Thomas Gordon who is considered a pioneer in teaching communication skills and conflict resolution methods^[56]. The concepts of the Gordon Model are known worldwide and are described as follows:

Unconscious competence: The procedures have been repeated so often that they run unconsciously, that is, reactively. Noel Burch calls this stage *right intuition*.

Conscious competence: The processes are executed, but not yet unconsciously/reactively. They must be recalled over and over again to be executed correctly. Noel Burch calls this stage *correct analysis*.

Conscious incompetence: The wrong processes are executed, but so rarely that we are aware of it. Noel Burch calls this stage *false analysis*.

Unconscious incompetence: The wrong processes have been repeated so often that they run unconsciously, that is, without thinking about it or being able to think about it. Noel Burch calls this stage *false intuition*.

We are primarily interested in the conscious and unconscious competences. As the book goes on, you will notice that the following manifestation techniques will mainly bring you into a state of unconscious competence, at least when it comes to your wish fulfillment.

Chapter 4.6 - A few More Quibbles for the Road

Our beliefs, convictions, and subjective experiences are nothing more than quibbles. External circumstances only show up that way because we mirror them from our state of consciousness, or perceptual reality. How many scientific facts had to be revised with time? We live in a world of transience. Everything can be modeled at any time. The only constant we can rely on in the outside world are regularities, namely the seven Hermetic Principles.

Everything is possible if it is possible for *you*. All that you feel in your state of consciousness to be true and given, is or will be true and given to you. Any assumption solidifies in the outside world as a fact – even if it originates from a supposedly false fact – when insisted firmly and long enough.

The outside world and all its alleged proofs have no relevance. It is a present effect which our state of consciousness has set as cause, and can be modeled anytime by the assumptions that we perceive as true.

Therefore, always pay attention to the state of consciousness of the person who tries to help you or convey information. If you believe and trust the person, their help or information – their convictions – can pass on to you and cause a similar state of consciousness within you.

For instance, let's take a person who lives vegan without being in the state of consciousness of a vegan. If this person chooses the vegan lifestyle out of solidarity or something similar, but their state of consciousness is that of an omnivore, then there is a very high probability that they won't do any good to themselves.

The same goes for everything else in life, whether it is smoking, sweets, alcohol, etc. If you are fighting against yourself, you are also harming yourself. But if your state of consciousness and your lifestyle align with each other, then you aren't fighting. Then YOU ARE!

Instead of looking for external solutions, you start resonating with your inner being, and accordingly, it will be reflected in your outer world. So, you do not change your diet because you *want to live vegan*, but YOU ARE vegan, YOU ARE in this state of consciousness, and this will let you change into this reality. What I mean by that is that you will change your diet automatically, without a must or compulsion, because this is your true, authentic being.

To be or not to be, that is the question here.

—
William Shakespeare

Daniel Daddeh is an German author for the Law of Assumption and is a living example of how to become a non-smoker with the Law. He explains the change of his state of consciousness from smoker to non-smoker as follows:

“[...] So, I smoked. And what do most people do when they want to quit smoking? They apply discipline. They force themselves to quit because they are still in the state of a smoker. And a smoker likes a cigarette, a smoker enjoys a cigarette, a smoker needs a cigarette! It means they force themselves to quit, they throw the cigarettes away and then they get into a fight with themselves! That is, they fight the urge to smoke nonstop! And then they get into new habits, like *I can't stand in a circle where people are smoking*, or *I have to avoid places where I used to smoke*. In other words, it's a perpetual battle against oneself! Why? Because I try to fight against my inner state, *and it doesn't work!*

I cannot fight against my own nature! That's a losing battle! And the same applies for things like *I want to be successful* and *I want to get healthy*.

If my inner state is different, then I can struggle as much as I want on the outside! I will either fight all my life or lose the fight. But I will hardly be successful in this fight or find pleasure, joy or satisfaction in what I do. It is a battle against oneself, and that battle is never pretty! So, what did I do instead? I asked myself: *Ok, I don't want to be the smoker who fights his cravings and forces himself not to smoke*. Because then I'm a smoker who just forces himself not to smoke. And this inner struggle isn't good for my satisfaction and my health.

So, I thought to myself: *Ok, what do I actually want? I want the state of a non-smoker!* Because a non-smoker can stand in a circle of smokers. He still doesn't start smoking and he doesn't have the desire to smoke. A non-smoker can take a drag on a cigarette himself and he still won't start smoking. Because it is disgusting for him, as the cigarette tastes disgusting. In the state of a non-smoker, smoking is no fun at all. *And that was my imaginal act!*

I imagined myself pulling on the cigarette, and everyone knows, no matter how long ago it was, that first cigarette is pretty disgusting. And that's exactly what I could taste imaginatively. That's what I did!

On the outside, however, I have changed nothing at all! This example shows very clearly why the inside is important and not the outside! I have experienced this act and repeated it on the inside, but on the outside, I have changed nothing consciously. *That is, on the outside I just continued smoking!* That is in total contradiction at first, but I didn't care because I know that it works from the inside to the outside and not the other way around! I repeated this act again and again on the inside and continued smoking on the outside, as I said. *Until at some point in the morning I wanted to take a drag on a cigarette, and it just tasted disgusting! And my desire to smoke had died!*

I never had the urge to smoke again. There was no fight! Not even when I was out with people who smoke. I still have no interest in smoking. Like a non-smoker. A non-smoker sees someone smoking and doesn't think about it, he reacts neutrally to it, or even negatively because it smells somehow unpleasant.

What you see in this simple example of smoking is that there is no need for discipline if you know the law. Your outer world is an expression of your inner state. When I know that, I don't need discipline to stop something, like smoking, or to acquire something, like success or health! [...]“

You can choose anything as your desired inner state. All experiences, thoughts, feelings, and actions are equivalent and equally weighted from God's perspective. There is no right or wrong. It is only a matter of what we want for ourselves.

As Neville put it: “*The cornerstone of all expression is consciousness. Man can find no other cause for manifestation except that of his own state of consciousness. Man thinks he has found the cause of disease in germs, the cause of war in political-ideological conflict and greed. Just about all of man's discoveries, which he thinks are wise, are nonsense in the eyes of God. There is only one power, and this power is God. It kills, it awakens to life, it wounds, it heals. It does all things, good, bad, or indifferent!*“

Realize that everything you perceive is God, and thus you yourself! YOU decide what you want to experience, what you want to get reflected in your outside world.

Chapter 4.7 - Neville's Lecture - How to Use Your Imagination

As an introduction to manifestation techniques, I would like to share an excerpt from Neville Goddard's lecture *How to use your Imagination*^[57] from 1955:

„[...] The purpose of this record is to show you how to use your imagination to achieve your every desire. Most men are totally unaware of the creative power of imagination and invariably bow before the dictates of ‘facts’ and accepts life on the basis of the world without. But when you discover this creative power within yourself, you’ll boldly assert the supremacy of imagination and put all things in subjection to it. When a man speaks of God-in-man, he is totally unaware that this power called God-in-man is man’s imagination. THIS is the creative power in man. There is nothing under heaven that isn’t plastic as potter’s clay to the touch of the shaping spirit of imagination.

Once a man said to me, ‘You know, Neville, I love listening to you talk about imagination, but as I do so, I invariably touch the chair with my fingers and push my feet into the rug just to keep my sense of the reality and the profundity of things.’ Well, undoubtedly, he is still touching the chair with his fingers and pushing his feet into the rug.

Let me tell you of another man who didn’t touch the chair with his fingers and didn’t push that foot onto the board of the streetcar. It’s the story of a young girl just turned seventeen. It was Christmas Eve, and she was heartbrokenly sad, for that year she had lost her father in an accident, and she was returning home to what seemed an empty house. She was untrained to do anything, so she got herself a job as a waitress. This night was quite late on Christmas Eve, it was raining, the car was full of laughing boys and girls home for their Christmas vacation, and she couldn’t conceal the tears.

Luckily for her, as I said, it was raining, so she stuck her face into the heavens to mingle her tears with rain. And then holding the rail of the streetcar, this is what she did, she said: ‘This isn’t rain, this is spray from the ocean; and this isn’t the salt of tears that I taste, for this is the salt of the sea in the wind; and this isn’t San Diego, this is a ship, and I am coming into the Bay of Samoa.’ And there she felt the reality of all that she had imagined.

Then came the end of her journey and all stepped out of the bus.

Ten days later this girl received a letter from a firm in Chicago saying that her

aunt, several years before when she sailed for Europe, deposited three thousand dollars with instructions that if she didn't return to America, this money should be paid to her niece. They had just received information about the aunt's death and were now following her instructions. One month later, the girl sailed for Samoa. As she came into the bay it was late and there was salt of the sea in the wind. It wasn't raining, but there was spray in the air. And she felt what she'd felt one month before, only this time she had realized her objective.

Now, this whole record is a technique. I want to show you today how to put your wonderful imagination right into the feeling of your wish fulfilled and let it remain there and fall asleep in that state. And I promise you, from my own experience, you'll realize the state in which you sleep – if you could actually feel yourself right into the situation of your fulfilled desire and continue therein until you fall asleep. As you feel yourself right into it, remain in it until you give it all the tones of reality and the sensory vividness of reality. As you do it, in that state, quietly fall asleep. And in a way, you'll never know - you could never consciously devise the means that would be employed – you'll find yourself moving across a series of events leading you towards the objective realization of this state.

Now, here is a practical technique: The first thing you do, you must know exactly what you want in this world. When you know exactly what you want, create an imagination as life-like as possible of what you would see, and what you would touch, and what you would do if you were physically present and physically moving in such a state.

For example, let's suppose I wanted a home, but I had no money – but I still know what I want. I, without taking anything into consideration, I would create a life-like imagination of the home that I would like, with all the things in it that I would want. And then, this night, as I would go to bed, and in that drowsy, sleepy state, the state that borders upon sleep, I would imagine that I am actually in such a house, that when I would step off the bed, I would step upon the floor of that house, and when I would leave this room, I would enter the room that is adjacent to my imagined room in that house. And while I am touching the furniture and feeling it to be solidly real, and while I am moving from one room to the other in my imaginary house, I would fall asleep in that state. And I know that in a way I could not consciously devise, I would realize my house. I have seen it work over and over again.

If I wanted a promotion in my business, I would ask myself, 'What additional responsibilities would be mine, were I to be given this great promotion? What

would I do? What would I say? What would I see? How would I act? And then in my imagination I would begin to see and touch and do and act as I would outwardly see, and touch and act were I in that position.

If I now desired the mate of my life, were I now in search of some wonderful girl or some wonderful man, what would I find myself doing that would imply that I have found my mate? For instance, suppose now I was a lady, one thing I would do, I would wear a wedding ring. I would take my imaginary hands and feel the ring I would imagine to be there. And I would keep on feeling it and feeling it until it seemed to me to be solidly real. I would give it all the sensory vividness I can give to something. And while I am feeling my imaginary ring - which implies that I am married - I would fall sleep.

This story has been told in The Song of Songs, or A Song of Solomon:

It is said, ‘At night, on my bed, I sought him whom my soul loveth. I found him whom my soul loveth, and I wouldn’t let him go until I had brought him into my mother’s house, right into the chamber of her that conceived me.’^[58] If I would take that beautiful poem and put it into modern English, into practical language, it would be this: ‘While sitting in my chair I would feel myself right into the situation of my fulfilled desire, and having felt myself into that state I wouldn’t let it go. I would keep that mood alive, and in that mood I would sleep.’ I would take it ‘right into my mother’s chamber, into the chamber of her that birthed me’.

People are totally unaware of this extraordinary power of the imagination, but when man begins to discover this power within him, he never plays the part that he formerly played. He doesn’t turn back and become just a reflector of life; from here on in he is the affector of life. The secret is to center your imagination in the feeling of the wish fulfilled and remain therein. For in our capacity to live IN the feeling of the wish fulfilled lies our capacity to live a more abundant life. Most of us are afraid to imagine ourselves as important and noble individuals secure in our contribution to the world just because, at the very moment that we start our assumption, reason and our senses deny the truth of our assumption. We seem to be in the grip of an unconscious urge which makes us cling desperately to the world of familiar things and resist all that threatens to tear us away from our familiar and seemingly safe moorings.

Well, I appeal to you to try it. If you try it, you’ll discover this great wisdom of the ancients, for they told it to us in their own strange, wonderful, symbolical form. But unfortunately, you and I misinterpreted their stories and took it for history, when they intended it as instruction to achieve our every objective. Imagination puts us inwardly in touch with the world of states. These states are

existent, present now, but they are mere possibilities while we think about them. But they become overpoweringly real when we think FROM them and dwell IN them.

There is a wide difference between thinking ABOUT what you want in this world and thinking FROM what you want. Let me tell you when I first heard of this strange and wonderful power of the imagination. It was in 1933 in New York City. An old friend of mine taught it to me.

He turned to the fourteenth of John, and this is what he read: 'In my father's house are many mansions. If it were not so, I would have told you. I go to prepare a place for you, and if I go and prepare a place for you, I will come again and receive you unto myself, that where I am there, ye may also be.'^[59] He explained to me that this central character of the Gospels was human imagination; that 'mansion' wasn't a place in some heavenly house but simply my desire. If I would make a living representation of the state desired and then enter that state and abide in that state, I would realize it.

At the time, I wanted to make a trip to the island of Barbados in the West Indies, but I had no money. He explained to me that in this night in New York City, when I assumed I was sleeping in my earthly father's house in Barbados and go sound asleep in that state, I would make my trip. Well, I took him at his word and tried it. For one month, night after night, as I fell asleep, I assumed I was sleeping in my father's home in Barbados. At the end of my month an invitation from my family received me to spend the winter in Barbados. I sailed for Barbados in the early part of December of that year.

From then on, I knew I had found this savior in myself. The old man told me that it would never fail. Even after it happened, I could hardly believe that it wouldn't have happened anyway. That's how strange this whole thing is. On reflection, it happens so naturally you begin to feel or to tell yourself, 'Well, it would have happened anyway,' and you quickly recover from this wonderful experience of yours.

It never failed me if I would give the mood, the imagined mood, sensory vividness. I could tell you unnumbered case histories to show you how it works, but in essence it is simple: You simply know what you want. When you know what you want, you are thinking of it. That isn't enough. You must now begin to think FROM it. Well, how could I think from it? I am sitting here, and I desire to be elsewhere. How could I, while sitting here physically, put myself in imagination at a point in space removed from this room and make that real to me?

Quite easily. My imagination puts me in touch inwardly with that state. I imagine that I am where I desire to be. How can I say that I am there? There is one way to prove that I am there, for what a man sees when he describes his world is relative to himself as he describes it. So, what the world looks like depends entirely upon where I stand when I make my observation. So, if my world as I describe it is related to that point in space, I imagine that I am occupying, then I must be there. I am not there physically, no, but I AM there in my imagination, and my imagination is my real self! And where I go in imagination and make it real, I shall go in the flesh, too. When I fall asleep in that state, it is done. I have always seen it succeed. So, this is the simple technique upon how to use your imagination to realize your every objective.

Here is a very healthy and productive exercise for the imagination, something that you should do daily: Relive the day as you wish you had lived it, revising the scenes to make them conform to your ideals. For instance, suppose today's mail brought disappointing news. Revise the letter. Mentally rewrite it and make it conform to the news you wish had received. Or suppose you didn't get the letter you wish you had received. Write yourself a letter and imagine that you received such a letter.

Let me tell you a story that occurred in New York very long ago. In my audience sat this lady who had heard me, oh, numerous times, and I was telling the story of revision – that man, not knowing the power of imagination, he goes to sleep at the end of his day, tired and exhausted, accepting as final all the events of the day. And I was trying to show that this man should, at the moment before sleep, he should rewrite the entire day and make it conform to the day he wished he had experienced.

Here is a way how the lady wisely used this law of revision: It appears that two years ago, she was ordered out of her daughter-in-law's home. For two years, there was no correspondence. She had sent her grandson at least two dozen presents in that interval, but only some were ever acknowledged. Having heard the revision story, this is what she did: As she retired at night, she mentally constructed two letters, one she imagined coming from her grandson and the other from her daughter-in-law. In these letters, they expressed deep affection for her and wondered why she had not called to see them.

She did this for seven consecutive nights, holding in her imaginary hand the letter she imagined she had received, and read the letter over and over until it aroused within her the satisfaction of having received it. Then she slept. On the eighth day, she received a letter from her daughter-in-law. There were two letters

on the inside, one from her grandson and one from the daughter-in-law. They practically duplicated the imaginary letters this grandmother had written to herself eight days before.

This art of revision can be used in any area of your life. Take the matter of health. Suppose you were ill. Bring before your mind's eye the image of a friend. Put upon that face an expression that implies that he or she sees in you that which you want the whole world to see. Just imagine he is saying to you that he has never seen you look better, and you reply, 'I have never felt better.'

Let's suppose your foot was injured. Then do this: Mentally construct a scene that implies that you are walking - that you are doing all the things that you would do if the foot was normal and do it over and over and over until it takes on the tones of reality. Whenever you do in your imagination that which you would like to do in the outer world, you'll do that in the outer world.

The one prerequisite is to arouse your attention in a way, and to such intensity, that you become wholly absorbed in the revised action. You'll experience an expansion and refinement of the senses by this imaginative exercise and, eventually, achieve vision in the inner world. The abundant life promised us is ours to enjoy now, but not until we have the sense that the creator is our imagination.

Persistent imagination, centered in the feeling of the fulfilled wish, is the secret of all successful operations. This alone is the means of fulfilling the intention.

Every stage of man's progress is made by the conscious, voluntary exercise of the imagination. Then you will understand why all poets have stressed the importance of controlled, vivid imagination.

Listen to this one by the great William Blake:

„*In your own bosom you bear your heaven and earth,
And all you behold, though it appears without,
It is within, in your imagination,
Of which this world of mortality is but a shadow.*“ [60]

Try it, and you too will prove that your imagination is the creator. [...]“

Chapter 5 - The Guide to Manifesting All Your Desires

Neville called our imaginative power, which enables us to manifest purposefully, *Wonderful Human Imagination*. Below you will find a simple step-by-step guide to manifesting:

Just before you go to sleep, you mentally imagine that your wish has already been fulfilled. You do not imagine how or why your wish has come true, but simply that it has already happened. To make this mental image as realistic as possible, you use one, several, or all of your imaginative senses. For instance, you see the face of a friend who is happy for you because your wish has come true; you may also hear a friend's voice congratulating you on fulfilling your wish. You can hug a friend and feel the joy of your wish fulfillment. Or you smell or taste something in this imaginal act that you associate with your wish fulfillment.

Using your imaginative senses gets you in the mood that your wish has been fulfilled, that it feels *real*. Then you take this mood, this feeling with you into sleep. You fall asleep, feeling that your wish has already been fulfilled.

Do this on 3-7 consecutive days!

This will cause the feeling to be planted in your subconscious, and by that, the seed is planted for your manifestation or wish fulfillment. From there, it will germinate, grow and eventually bear the fruit, that is, your wish fulfillment which you will harvest in the outside world. You will automatically take the path to your wish fulfillment because your subconscious will reactively bring you into this state in the outer world, which reflects the mood of your wish fulfillment. And that's it! *This is the core essence of manifestation that you need to know.*

Let's dive deeper into each step of the process:

1. The Desire

You are pure consciousness, the imagination of God! You are the heart and the mind of God. Everything you can perceive is imagination! Your future is your imaginal activity perceived as true in its creative work. Be conscious of it! You are already a master in manifesting. The power that created this world – the imagination of God – is you! You are the consciousness of God! Therefore, you can create everything you can imagine – your world of desire. Once you can imagine it, it is done. Your wish is fulfilled! And the stronger your *faith*, your *knowledge*, and your *conviction* about it, the stronger your manifestation forces will unfold. Your imaginal act along with the feeling of your wish being fulfilled ripens to manifestation and thus becomes completely normal for you. You switch into your dream reality! The *certainty*, the *belief* that your wish is already fulfilled, is the *greatest intensity [I³]* you can muster.

Be aware of what you really want with all your heart. Do you crave for it? The more intensive the desire, the more energy is available for manifesting it. No matter how big it is: Every wish of yours can only arise in you because it is *already fulfilled*. Wish fulfillment already exists because *creation is perfect*. *It is complementary*. The version of you that has fulfilled this wish already exists parallel to your present self. Hence, you can change your (state of) consciousness and adopt the desired version of yourself any time. When you know exactly what you want and desire, you begin your imaginal act.

2. The Imaginal Act

In the evening, before falling asleep, lay down in bed and center your body and mind. You can do this with a simple breathing technique:

- Inhale deeply through your nose for 3 seconds, hold your breath for 1 second, then exhale through your mouth for 3 seconds.
- Do this three times in a row, and you will relax and arrive in the present moment.

Now close your eyes, remain in the relaxation state, and imagine your wish fulfillment in the end – for example, the moment or day after your wish has come true!

What would you do if your wish came true? What would you see? What would you touch? What would you say to your loved ones around you? What would they say to you?

It is important that you *think from* your wish fulfillment and *not about* your wish. Your imaginal act, the mental scene you imagine, must imply that your wish has *already been fulfilled!* You don't imagine *HOW* or *WHY* you came to your wish fulfillment. Therefore, choose a scene that takes place, for example, one day after your wish fulfillment.

Create a short scene. 10 seconds is enough. It can also last 1-2 minutes. The important thing is: Don't let your mind be tempted to add more things since your feeling should remain stable. Neville said about this, "The mind is like a stubborn horse. You must train it the same way." How? By having it perform the same sequences repeatedly! Focus on and repeat only the one short scene that implies your wish fulfillment. *Over and over again!* Repeat it until the feeling of reality arises in you. Repeat it until you feel that your desire has now been fulfilled and the hunger for it has been satisfied.

Make your imaginal act as realistic as possible by using your imaginative senses. Touch and feel objects you desire. Hear the voice of a loved one or friend congratulating you. Taste or smell something in your imaginal act. Use at least one or all of your imaginative senses to experience your imaginal act as if it were real! In the best case, this goes so far that when you open your eyes, you are confused, almost shocked, of where you are.

During the imaginal act, make sure that you look as if your eyes were open. That is, you don't see yourself from another person's perspective. You can see your legs and feet, your arms and hands, or parts of your body. You are the actor and

not the observing person in your imaginal act. Just like in *real life*.

You do this imaginal act *BECAUSE* it is happening for you and *NOT* to cause a manifestation! Your imagination is the same power that created this world that we live in. Through the imaginal act, which is perceived as true, you create your new reality – you experience your imaginal act just like any other moment in your life. Look at it, live it, feel it, because it is really happening, and you enjoy it! The manifestation results from the imaginal act and the feeling that it really takes place – it is not the cause for it, but the effect. You don't want to manifest it; you already have it! Remember: A change on the outside can only happen if an inner change has preceded before!

Your imaginal act doesn't have to happen just before sleep, but it is highly recommended. Neville speaks of a *state akin to sleep* – a sleep-like state in which you are completely relaxed and your senses turn away from the outside world.

3. The Feeling

Feel your wish fulfillment in your heart! How would you feel the day after your wish had come true? How happy and fulfilled would you be? Listen to a close friend congratulating you on the fulfillment of your wish or hug this person and feel their body to make the feeling even more realistic and intense. It is recommended to choose one or more people you know very well, so, whose voice, reactions, facial expressions, etc., you can imagine very well in your imaginal act. Choose people who would be genuinely happy for you.

Use your imaginative senses to trigger the feeling of authenticity. Your wish comes true the moment it feels real to you! Repeat the imaginal act daily until it feels real to you, until it seems entirely natural to you. Your mood, your vibration, is in complete alignment with your wish fulfillment!

Open your heart, feel as deeply and intensely as you can. If your mind wanders during the imaginal act, guide it back to the beginning of the act and start all over. Train your mind like a stubborn horse. Let your mind perform the same sequence, the same imaginal act, repeatedly!

The moment you feel your wish to be true, you must let go of it. Your hunger for your desire has been satisfied! You cannot be in the state of wish fulfillment and desire it at the same time! *Your wish is already fulfilled, and therefore, there is no need for desire anymore – let go!*

4. Gratitude

Since you feel that your desire has been fulfilled, you are filled with gratitude that your desire has been granted to you. The burden has been taken from you – what a relief! You finally have what you heartily wished for so long!

The feeling of gratitude is essential as it captures the feeling that you need for using the Law of Assumption. You can express gratitude by saying something like:

- Isn't it wonderful?!
- Thank you, God!
- It is done!
- I am infinitely grateful!
- Thank you, thank you, thank you!

5. The Sleep

While being in the state of gratitude, you fall asleep; thus, you take the (state of) consciousness, your feeling of the wish fulfillment with you into sleep, and the seed of your manifestation is laid in the subconscious mind. You can fall asleep during the imaginal act or in gratitude when you perceive your wish as fulfilled. The main thing is to take the desired state of consciousness with you into sleep.

Important: Practice the imaginal act and the feeling of gratitude on 3-7 consecutive days!

In a sleep-like state, the boundary between consciousness and subconsciousness is very permeable. Your subconscious mind is the place from which all your reactive thoughts, feelings, and actions originate. If you want to go to the state of your wish fulfillment, then you need to adapt your subconscious accordingly. Your consciousness and subconsciousness must align with each other. How? By taking the feeling of your wish fulfillment with you into sleep. Thereby your inner world takes the state of the wish fulfillment and reflects it in your outer world.

6. The Outside World

Depending on what you have manifested and how intense the feeling is during the imaginal act, the manifestation will take a predetermined time. As Neville put it: “A human being takes about 9 months, a horse about 12 months, a sheep about 4 months, and a chick not even 1 month. Each manifestation has its predetermined hour until it becomes visible and tangible in the outside. [...] The time span until the realization of your wish is proportional to the naturalness with which you can feel the assumption.”

The moment when your assumption of your wish fulfillment feels genuine and natural, the seed is planted in the subconscious mind within you. Consequently, your wish will also be mirrored on the outside. *As within, so without!*

In order to reach this feeling of authenticity and naturalness, you have to remain in the state of your wish fulfillment when falling asleep – no matter the current circumstances! You remain in the feeling of the wish fulfillment until you have satisfied your hunger for it. This is the signal for your subconscious mind, saying: *It has happened!*

What you perceive in the following hours, days, weeks, or months in the outside, has NO relevance! External circumstances are an *effect* and caused by your state of consciousness. You can't do much about it on the outside. Instead, go into the state of consciousness that your wish is fulfilled. Our so-called reality only reverberates! The outer perceptible world is nothing else than an echo of our inner state of consciousness. Your task is to dwell in the assumption, in the state of consciousness, that your wish has already been fulfilled. This feeling is the only condition for your manifestation!

In the state of wish fulfillment, you will think and feel as if your wish has already been fulfilled. For this, use gratitude to imply the feeling of wish fulfillment. In addition, you should pay attention to your thoughts—especially your inner self-talk. Your self-talk indicates whether you are in the feeling of wish fulfillment. For example, if you think about *HOW* or *WHY* your wish will be fulfilled, or you are worrying about how long it will take, or you are debating with yourself about the fulfillment of your wish, then you are in the wrong state and not in the state of wish fulfillment! In these moments, you have two possibilities:

- You go into gratitude that your wish has already come true.
- You immediately rewrite your inner self-talk; the inner dialogues of worry become dialogues of faith, doubts become confidence,

and so on. Do this consciously so that the feeling of gratitude comes more easily and quickly.

You can easily determine whether you gathered enough “thought-feeling material” by your reactions to your external circumstances. Let’s say, for instance, you want to manifest financial freedom. Are you worried about bills in the mailbox? Do you always buy things on sale? How do you feel when you check your bank account?

Your reactions tell you the truth about your current state of consciousness. If you have feelings of fear or thoughts like *I cannot afford this*, you are not in the state of your wish fulfillment. If, however, your feelings remain neutral when you look at a bill and you see no problem in it, because you *know* that you can pay for it easily, then you are in the right state of consciousness – the state of your wish fulfillment.

It may take some time until you can see on the outside that your inner reality has led you into the desired, outer reality. This process of inner restructuring usually shows itself on the outside through *unusual, unexpected, or sudden events*; ideas, encounters, apparent coincidences that bring you closer and closer to your wish fulfillment. Neville Goddard call these *the Bridge of Incidents* to wish fulfillment! This means that you have built a bridge between your present perceptible reality and your desired reality.

Changing space-time dimensions won’t happen directly from your actual reality to your desired reality, but you will penetrate one layer after the other until you arrive where you want to be. Each layer will show up in your outer world as a *new, unusual, unexpected, or sudden event*.

Attention: You cannot and should not imagine *how* your wish will come true! God’s ways are unfathomable!

Depending on what you have wished – be it love, health, or wealth – the path to wish fulfillment can be tough and unpredictable. Perhaps you need to go through a separation in order to find the love of your life; maybe the emergency doctor must be called to trigger your healing; you may be laid off and thus being forced to find and accept other ways to make money. Do *NOT* care about the *how, when, or why* on the outside!

When you change your state of consciousness, it slowly builds up and begins to vibrate, like a bell which resonates and reverberates in a specific tone when ringing. Some time may pass until the old tone can no longer be heard and the new tone becomes fully audible.

In the state of wish fulfillment, your feeling corresponds to the fact that your wish has already been fulfilled, and so it *MUST* be reflected on the outside. There is no other way – this is the second Hermetic Principle.

Stay in your assumption and your inner world – your state of consciousness – will materialize on the outside to the fact.

The golden ticket to any wish fulfillment is the feeling of gratitude or relief that your wish has already come true. This feeling of gratitude or relief should become natural for you. *BUT:* We focus *ONLY* on ourselves and *NOT* on the goal. The goal has already been achieved – think of it as a memory. Focus on yourself and the feeling!

7. The Wish Fulfillment

Now that your desire has been fulfilled, new desires will automatically reveal themselves, originating from your newly adopted state of consciousness. They are just waiting to be manifested! Neville said:

“[...] Believe in the reality of that imaginal act. It may happen tomorrow. It may happen a day after or a week later, or a month later. It has its own appointed hour, and it is ripening, and going to flower. So don’t be concerned. Leave it alone, and it will come to pass.

This is what I mean by *feeling is the secret*. I catch the mood, the feeling that would be mine if I were what I want to be. I don’t need to touch something in the imaginal act. I can if I want to. But it is the *feeling* I’m speaking of. What would you feel if you were well? If you were this or that? And then you catch it. Just as if it were true.

You always go to the end. The end is where you begin. We always imagine *beyond* evidence, so go to the end and then dwell in that end, even though reason and senses deny it. Turn your back on the doubters! The doubters are your senses and what reason dictates. That is Hell or the devil or Satan in the world. That’s the doubter.

So, you turn your back on it and then you walk as though things were as you want them to be. While living in that assumption, it slowly hardens into fact, even when it is denied by reason, even when an assumption goes false. If you persist in it, it will harden into fact. So, you learn to assume and to persist in the assumption, and by this, it will come to pass.“

Every desired situation in life is linked to a certain feeling. Every goal we reach in life, every wish we fulfill in life, brings with it a special feeling when we get there. It is *this feeling* that we use as a tool.



Chapter 5.1 - The Most Important Tips & Tricks When Manifesting

1. When you planted your seed, it is very important that you don't go around telling everyone what you are about to manifest. Don't focus on the thing or the person. Focus *ONLY* on the feeling that the thing or person is already in your life. You focus *on yourself*. Just feel that it *already happened*. By doing this, you take all observers out of the equation.

Neville described it as follows: "*When you plant a seed, you don't take it out of the ground and show it around. You wait until the shoot and the first leaves and flowers appear. From that point on, everyone can see what you have manifested.*"

2. You don't have to make any efforts towards your wish fulfillment, because you will take the right steps subconsciously.

Neville said: "*It's a misconception that there's anything you can do, other than accept the feeling of wish fulfillment, to support the realization of the wish. [...] Therefore, I say to you: Whatever you pray for and ask, believe that you have already received it and it will be given to you.*"[\[61\]](#)

We expect nothing, for we already have. We are in assurance!

Important: Actions, thoughts and feelings that *force* wish fulfillment reflect a state of consciousness which is not in correspondence with your wish fulfillment.

Your reactions to the outside world show you your state of consciousness. If your thoughts, feelings and reactions don't correspond with your wish fulfillment, this means for you: *Back to the beginning!*

3. You should not try to manifest a wish at a specific time. I'm not saying it won't work, but there are several reasons why I don't recommend it. First of all, time is just a mind game – everything takes place in the here and now. There is only this present moment.

Additionally, chances are high that you will put yourself under unnecessary pressure, and manifesting under pressure doesn't work. You make it

unnecessarily difficult for yourself to maintain the feeling of your wish fulfillment.

Also, each manifestation has its own predetermined time until it fully manifests on the outside. So, stay confident and certain about it. Your manifestation will show up at the best time for you.

4. When you find yourself thinking *ABOUT* your wish instead of *FROM* your wish fulfillment, go back to gratitude that your wish has already been fulfilled. You can't think about your wish if it has already happened (in your imagination). There is no *what if* or *when* or *how* or *why* when you are in the state of consciousness of your wish fulfillment. This is what Neville meant by, *living in the end*, so think, feel and act as if your wish has already been fulfilled.

If you can't go into gratitude, if you just don't feel the wish fulfillment, if you can't maintain your new state of consciousness, then do the above instructions for manifesting again just before falling asleep. Keep doing it until you *really* feel the wish fulfillment! Keep doing it until the hunger for it is completely satisfied; until you wear your new state of consciousness like a new fragrance, a new shirt or dress. Wear your new state of consciousness and feel it. It feels good. It is a good, beautiful, and new feeling. Wear it even if your external senses deny it at first.

Neville said: “*So, remember that your wonderful world isn't limited by your senses. You perceive much, much more than your outer senses could ever discover, as acute as they may be.*”

If the possibilities of this world were limited by your external senses, then you could never grow beyond yourself and never experience something new and unknown. The unknown is the best and only place for new experiences; nothing new can be experienced from the known, present state. Remember, certainty that your wish has already been fulfilled is the only condition for your manifestation: *According to your faith, it shall be done unto you.*^[62]

Clarity and certainty are necessary, but the good news is, they will come automatically once you begin to apply the techniques described here. You will consciously manifest small and big things. Start from your state of consciousness, and you'll feel boundless ease in life and encounter situations that are full of adventure.

5. Take care to not wish for negative things. Now, one or the other person may think: *But I wish something really bad on that person! That is my greatest wish!*

Remember that nothing exists outside of you. We are one consciousness, one soul, one heart. Whatever you wish for someone else, you wish for yourself. This is why you should never manifest something you wouldn't wish for yourself. The Hermetic Principles 5 and 6 cause a balance on the most different levels. This means that in one way or another the (negative) effect of what you set as cause will come back to you.

But is it possible to harm people with manifestation? Everything is possible, there are no limits. However, by harming others, you will always harm yourself.

This does *NOT* mean in return that someone could interfere with your manifestations. When you are in the state of your wish fulfillment, this certainty becomes part of the collective consciousness and thus *MUST* be reflected in the outside world.

6. Throughout the manifestation process, levers are set in motion that you do not anticipate. The effects can be, for example, that someone catches a cold and cures himself at home to make your manifestation possible; or the accounting department makes a gross mistake, and your salary is transferred much too early for your manifestation to show itself in the outside world. Trust the process and don't worry – God's ways are unfathomable!

7. Depending on what you desire and manifest into your life, your state of consciousness will change so much that you will also change as a human being. This is essential as your state of consciousness has a great impact on your behavior, and in order to reach your desires, you have to think and act differently.

An example: You wish for a billion euros. Therefore, you apply the described manifestation technique to change into the desired state of consciousness of a billionaire. By doing so, you imply to yourself the feeling of having one billion euros.

But where will the money come from? Through a transfer error? Possible, but for many, rather unlikely. What happens instead is this: You are now in the state of consciousness of a person with billions in assets, and so you *think, feel, act, and react* accordingly. Through this, the life you currently lead, your

environment, your career, your relationships, your feelings, your choice of words, your thoughts; all of this will, over time, cease to exist and be replaced with a new environment, a different business, and the right feelings and thoughts that affirm your self-image as a billionaire. Your self-image determines your life! *Your faith is your destiny!*

8. You manipulate nobody except yourself! Everything that is, is within you. The whole universe is nothing else than an outer projection of your inner state. By reshaping and restructuring your inner state, the outer world will adjust accordingly. It reflects itself from the inside out, no more and no less. *Every person you perceive is nothing other than your expressed self.*

Lastly, the following tips and tricks based on Abdullah's recommendations will ensure the success of your manifestation:

- The apparent circumstances are irrelevant and don't matter! They are only a momentary apparent state of things, which can be modeled by your inner state at any time! By your assumptions! By your interpretation! By your thoughts and feelings towards the circumstances!
- The only relevant reason for your circumstances is to make you realize what you really want. Use your circumstances to become aware of your wishes and manifest them!
- Stay true to your idea, to your desire. Be steadfast towards your manifestation! Have no doubts! Never compromise!
- Each doubt, small or big, creates new thoughts and feelings and thereby new realities! These show up as temptations to settle for less. Don't be tempted!
- Whenever thoughts or feelings of doubt arise, slam the door in their faces! Slam the door on your doubters! You are at the end of your wish fulfillment. Your wish has already been fulfilled! Don't enter the room of doubts! Slam the door and stay in the room of your wish fulfillment!

Chapter 5.2 - The Guide to Manifesting Wealth

The Counting \$10,000 Technique

1. Imagination: Get a 100-dollar note (or euros, whatever currency you prefer) and memorize it very carefully with all your senses. Take the note in your hand. Feel it. Feel the difference to normal paper. Smell its unique, individual odor and listen to how it sounds when it is crumpled and smoothed out. Now take a close look at the 100-dollar note. Memorize every detail; the color, the blue ribbon, the portrait of Franklin, the numbers on the front. Then do the same with the back. Memorize the gold 100, the building, and the phrases.

Now that you have memorized the 100-dollar note in detail, start the imaginal act. Lie down in bed, in an unusual position. The following breathing technique helps you to center yourself: Breathe in deeply through your nose for three seconds, hold your breath for one second, then breathe out through your mouth for three seconds. Repeat this three times and you'll relax and arrive in the present.

Close your eyes and start counting \$10,000 in your imagination. Count 10 stacks of \$1,000 each in 10 x 100-dollar notes. Count the money as you would count \$10,000 in real life. During the imaginal act, make sure you look as you would look with your eyes open. Do not see yourself from behind or from a third perspective. Make the imaginal act of counting money as realistic as possible! Listen to the 100-dollar notes as you count them. Feel the paper of the 100-dollar notes. See all the details of the 100-dollar notes while counting.

2. The Feeling: Feel how happy you are while counting. Count the \$10,000 repeatedly until the feeling of reality sets in. Keep counting until you are fully aware that you are counting *your* \$10,000! The feeling of *possessing* is important. Otherwise, you may manifest counting \$10,000, but the money isn't yours. This has also been manifested accidentally.

3. Gratitude: Now that you accept and feel that you are counting *your* \$10,000, you naturally feel gratitude for it. You are grateful for this money. The feeling of gratitude that you now possess \$10,000 is necessary to consciously apply the

Law of Assumption and to imply the feeling of wish fulfillment.

4. Sleep: In the state of gratitude, you fall asleep. You can also fall asleep while counting the \$10,000. You take this imaginal act or the feeling of gratitude into your sleep for 3-7 consecutive days.

5. The Outside: Don't be surprised if you don't wake up with \$10,000 cash under your pillow. It is not impossible – everything is possible! – but for most, the unfathomable ways of God have shown themselves through something like unexpected gifts of money, a sudden business idea, or a big contract. It remains the mystery of God of how life will present you the \$10,000. But one thing is certain, the money will find its way to you.

No matter what your current circumstances are, you remain in the feeling of gratitude that you now finally possess \$10,000 and thereby use the Law of Assumption so that the money is reflected in your life in one way or another. This technique can also be used with \$100,000, with gold or diamonds and many more.

David described his experience with this technique as follows: “How I created \$10,000 in cash: The first thing that I applied was to take a 100-dollar note and study it in-depth. The first thing I would do is visualize. I used my mind and focused on the 100-dollar note. I looked at it, I flipped it back and forth and I smelled the note in my imagination, with my eyes closed. I felt it, without having a physical hundred-dollar note. Then what I did was, I counted ten stacks of a thousand dollars. I counted ten stacks of a thousand dollars which equals 10,000 dollars. And I did this for three nights.

On the fourth day, I went to a bank, it was Bank of America. A guy in front of me turned around. I was waiting in line to see the clerk and the guy turned around and said, ‘*I keep counting this money and I feel like I’m not counting it right. Can you help me count it?*’

I thought, ‘*This is strange, this guy doesn’t even know me. He wants me to help him count his money.*’ But I said, ‘*Okay, I can do that.*’ I walked over to the side, to a little table close by. He put the money down and it was ten thousand dollars in cash! And while I was counting, I suddenly thought: ‘*My god, this is exactly what I was doing in my imaginal act!*’ I had created \$10,000 for myself, but it

wasn't my money, I was basically counting someone else's, which had been brought to me. So, I went back to my imaginal act and started working on it to where I'd be counting *my* money.

The guy in the bank wanted me to count his money even though I didn't know who he was. But I did, and it happened to be exactly ninety-eight-hundred-dollar notes. I counted ninety-eight-hundred-dollars in cash for a guy I didn't even know! My imagination created that scene.

When I drifted into the subconscious mind, I didn't bring in the feeling of the ownership of that money. So, I went back into the imaginal act and worked on that feeling that it was my money. *I'm counting out the money. This is my money. I'm taking that feeling in.* I think I did that for approximately six or seven nights. I did it over and over and over. I did it again, and nothing happened. I think it was the eighth or ninth day, approximately two days after I had stopped doing it. And I got a phone call from a guy who built boats.

He said he had this job he wanted me to look at. I went there. I made an offer. He made a counteroffer and that happened to be exactly ten thousand dollars. When I finished the job, the guy paid me in cash and bills, and I counted them right in front of him. Ten stacks, ten thousand dollars in cash. It manifested and it was my money this time. It was such an amazing feeling; I want everyone to try this. [...]”^[63]

Chapter 5.3 - The Guide to Manifesting Love

The Wedding Ring Technique

1. Imagination: Before we begin, let's be clear about one thing: In this technique, we will manifest love, not a specific person. However, you can also use it for manifesting someone special in your life. It solely depends on your desire, and most importantly, on your feeling while manifesting.

With this technique, you will manifest your *perfect match* from your current state of consciousness. The happiness and love you are about to experience will far exceed the feeling of the imaginal act.

Lie down in bed in a relaxed sleeping position. You may and should relax. In love we let ourselves fall. Now center yourself with the following breathing exercise:

Breathe in deeply through your nose for three seconds, hold your breath for one second, then breathe out again through your mouth for three seconds. Repeat this three times in a row.

Close your eyes and begin to visualize your imaginative right hand in your mind. And as you are looking at your imaginative right hand, you notice that you are wearing a wedding ring. You feel the wedding ring on your right ring finger. You feel it with your imaginative left hand and turn it. You feel the metal and the twisting on your imaginative right ring finger.

(In order to manifest a specific person in this technique, you have two options: 1) You *feel* that you are married to this specific person while looking at the ring, or 2) you hold the person's hand and see both of your hands with a ring on each ring finger, while staying in the feeling of being married to each other.)

2. The Feeling: During the imaginal act, you feel infinitely happy and in love. It's obvious, you are now married to this wonderful person. You look at the ring and you feel the love for this person. Stay in the imaginal act and the feeling of love until the feeling of reality sets in. Repeat it until you truly feel that you are now really married to this person!

3. Gratitude: The feeling of being married to this person creates gratitude. After so many failures in love, life has finally given you the right person! The feeling of gratitude about this person and your love for each other is important to consciously use the Law of Assumption and imply the feeling of wish fulfillment.

4. Sleep: In a state of gratitude, which clearly implies that you are now married to this wonderful person, you will fall asleep. Take the imaginal act and feeling of gratitude into sleep for 3-7 consecutive days.

5. The Outside: Your perfect match can manifest, for example, through things like an unexpected encounter or an invitation to an event where you meet your spouse-to-be. Though the exact ways will remain a mystery, one thing is certain: Your paths will cross.

No matter your current circumstances, you remain in gratitude that you are now married to the woman or the man of your dreams, and thereby apply the Law of Assumption.

You can also use this technique with any other symbol that implies a marriage for you. This symbol, no matter what it is for you, serves to perform the imaginal act and create the feeling of wish fulfillment.

If you rather just want to satisfy your lust, read the following story about David's grandfather Elmer: "Today, I'm going to address the question I've been getting probably ten or 15 million times regarding how my grandfather would manifest relationships into his life and how he would have sex three or four times a day, at a minimum. Yes, he did! [...] In fact, he ended up divorcing my grandmother based on these manifestations, because he wanted to have multiple relationships with different women."

The story was that he went home one night and to my grandmother. He ran a chain of VIP gentlemen's clubs in Los Angeles. When he went home to my grandmother, looking for affection, she wouldn't oblige, and so he said: 'Okay.' And that was the end of it. He went back to the club and that's when he started his rampage or whatever you want to call it, where he was sleeping with multiple women all the time. They got divorced, and he gave her millions of dollars as well as properties. Meanwhile, he got together with what ended up being his

wife, Carmen, who was one of his top dancers at his club and 40 years younger than him. He later ended up getting remarried.

However, the process of how he would create specific relationships with a woman was by finding the girl that he wanted to sleep with, and he would have a conversation with her and he would talk to her and he would study her appearance. He would study her like I would study a \$100 note. Basically, you study all the details, the hair and the hairstyle, the eye color, the skin tone, everything; the body and how tall she is, what her voice sounds like. Ideally, he'd get her to speak, so he could hear her voice clearly.

When you go into your imaginary act, you can recreate that. My grandfather had a specific technique that he used; he would be in bed with this girl in his imagination. He would create a scene with this girl in his imagination, she would say to him : 'That was the most amazing sex I've ever had.' And where he would say, 'You are the best I've ever had,' it would generally be a phrase implying that he was the best lover that they ever had. He would get so excited when telling me this. You know, he was just full of passion, and he was a passionate guy. But that's how he would create having multiple relations with different women at the same time. He could manifest having sex with three to four women a day, with women 40 years younger than him. Any girl that he wanted. I must admit, he also was a wealthy man, and really good friends with Carroll Shelby. Carroll Shelby was a VIP member at his club, and he actually used to test drive every one of Carroll Shelby's new prototypes before they hit the product line. My grandfather would get it the weekend before that, and he would be able to test drive it together with my great uncle. He used to tell me stories about that, too. He manifested all sorts of things; getting laid, money, and he did quite a lot of other things in his life that weren't that respectable as well. He drank a lot and he used some drugs. He started getting into drugs and things like that, which I don't condone myself. I don't drink and I don't take drugs. I believe that this can hinder you and ultimately affect your manifestations – and eventually destroy your life. [...]

I don't need to drink alcohol. I don't need to use drugs to be happy. I am happy because I am grateful. And when you're grateful, you're filled with abundance in your life. I am happy because I am grateful and able to understand what consciousness is; to see this world and life itself as a vacation; to realize that we have created this world ourselves and erased the memory of it. We have created this world to appease loneliness and to be happy. And I am very happy. And that's what life is about. I don't need anything outside myself to be happy. I am happy within. And that was my grandfather's strategy or his technique on getting

any girl that he wanted. [...]"^[64]

Chapter 5.4 - The Guide to Manifesting Health

The Stunned Doctor Technique

1. Imagination: This manifestation technique works best for people who regularly go to a doctor or a medical professional due to health problems.

If your situation doesn't correspond to this example, you can exchange the doctor with a good friend who *certifies* your health, or you think of a suitable scene that implies that you are completely healthy again. Two examples: If you have problems with your knee, then imagine yourself running again. If you have problems with your heart, then imagine how you can do sports again and feel your heart pumping strongly and healthily.

The imaginal act for this technique would be: Shortly before falling asleep, you lie in bed in a relaxed position. You may and should relax with this technique, for when it comes to health, we feel relief. Center yourself with this breathing exercise:

Inhale deeply through your nose for three seconds, hold your breath for one second, exhale through your mouth for three seconds. Do this three times a row, and you will relax and arrive in the present.

Now close your eyes. In your imagination, you see your doctor coming into the consultation room where you are sitting and waiting. The doctor checks your test results and says something like, '*That's incredible! It's almost a miracle! Your values are all back in the normal range! How did you manage to do that? You are completely healthy again!*' Listen to your doctor's voice very carefully. Look at the amazed face. Feel the surface of the chair you are sitting on. Smell the disinfectant. Make the scene as realistic as possible.

2. The feeling: During the imaginal act, you feel infinitely relieved. It's obvious you are finally healthy again! You hear it from your doctor, and you can see it in his facial expressions. You perceive the amazement but also the happiness for you. Stay in the imaginal act and the feeling of being infinitely happy and relieved about your recovery until the feeling of reality sets in. Repeat the imaginal act until you feel that you are healthy again!

3. Gratitude: Now that you feel that you have recovered, you naturally feel gratitude for it! The infinite gratitude for being healthy again! Infinite gratitude that this burden has finally been lifted from you! This feeling of gratitude is very important to apply the Law of Assumption consciously and to imply the wish fulfillment!

4. Sleep: In this gratitude, which clearly implies that you are now completely healthy again, you fall asleep. Take the imaginal act and the feeling of gratitude into sleep for 3-7 consecutive days!

5. The Outside: Recovery may come in the form of a new eating habit, new therapy options, or the recommendation of a specialist. Even spontaneous healings have been shown with this technique. If you stay in the assumption that you have completely recovered, the right events will come to you at the right time so that you'll be completely healthy again.

Note: It doesn't necessarily have to be a doctor to certify your health. The important thing is the feeling that is implied in the imaginal act. The feeling causes manifestations on the outside. You can also imagine a very good friend whose reactions, voice, facial expressions, etc. you know very well. Imagine him saying to you: *My God, you have never looked better!* And you answer: *I have never felt better either!* The main thing is that you FEEL that you are completely healthy again.

The technique also works for transforming your body. Here is what David did: "I want to share another exercise or testimony that these imaginal acts can not only create health, but also improve your physique. I used this practice to transform mine.

Before I started doing this, I always had an average body type. I even went overweight sometimes, or I would fluctuate, but I never had the body I really wanted. And I'm watching all these reality shows, I've seen all these guys, and I'm like, 'Man, these guys really got great bodies.'

I always wanted to have a body like that, but I never did. So, I wanted to create a scene where I could actually imagine this for myself because I wanted to be desired by women like this; just this state of confidence, you know, when you're

with your wife or girlfriend and you pull your shirt off. Or for girls, when you're with your husband, boyfriend, fiancé or whatever. You feel great about it. It's a really good thing. I wanted to get into this feeling, so I created a scene in my mind where I'm walking down the beach. I wear shorts and have a surfboard in hand. I can feel it, and I'm watching the waves crash next to me. I can smell the salt in the air. I can hear the waves crashing. It's a crowded beach. There are lots of people on the beach.

I imagine some girls on the side. There's ten, twenty girls, and they're all looking at me with their hands over their mouth and their eyes wide open, they are scanning my body like I'm a piece of meat. I enjoy that feeling of being confident and looking good while the girls are checking me out. I'm feeling good about this. I create a 32 second scene and I'm replaying it and replaying it and replaying it in my mind. I did this for about a month.

And like I said, at the time, I had an average body. I was a little overweight. After about a month of replaying this – even throughout the day – I would get magazines like Men's Health or Men's Fitness, and I would look at the guys in the pictures, imagining myself and what I would feel like if I looked like that. I would include some of their definition in my mental scenes with my own body. I also imagined myself looking in the mirror and seeing the body that I wanted to see. I would practice that through the day.

During that time, I bought a house. And in that house, the seller left a gym for me. I didn't have a gym membership or anything. I just let it play out and see what would happen, since I was working all the time. I was very busy and didn't have time to work out. But this in-house gym was left for me, so I started using it. And I started hitting it. It was almost as if the feeling which triggered the imaginative scene became a habitual program in my head, *making me work out every day*. I mean, if I didn't work out for an hour a day, I felt miserable. It was like a therapy.

This feeling consumed me to the point *where I had to find the time!* If I had to wake up an hour earlier, I would wake up an hour earlier. And if I had to stay up an extra hour, I would be up an extra hour. Whatever it was, I did it and I transformed my body within six to twelve months. This was quite a few years ago, but I have maintained it. This program has stuck with me to this day.

I still work out a minimum of six days a week. And since I have to take a day off now and then, I take a day off at least once a week so my body can recover. I got into supplements and I'm reading fitness magazines. I just imagined all these good things happening, and they have happened. The scene itself – me walking

down the beach – never actually happened like that. It triggered this feeling in me that became a program in my head that I really dove into, and that made me transform my body. I am very happy with it. I look in the mirror and I kind of go back to when I had, you know, that average type of body. And now I look back and I laugh at it. But it was an awesome experience, and this is an awesome experiment.

Watching these reality shows and looking at these guys – it kind of transformed my thinking. It caused me to really push myself to that next level and create a different physique. I feel better. I look better. I'm more confident in everything that I do. [...]”^[65]

Chapter 6 - Use Your Subconscious Mind to Manifest Consciously

The subconscious mind accounts for about 95% of what we experience in our lives.^[66] We breathe unconsciously, our fingernails and hairs grow, external wounds heal, and you think, feel and act reactively.

This raises the question: If everything runs automatically in our subconscious, are our procedures predetermined? What if we don't want to feel angry about our ex-partner or our children when they have done something wrong? How can we change this fully automatic program – and preferably overnight?

Neville Goddard worked mainly with the subconscious mind to cause and direct conscious manifestation. An assumption, set in the subconscious, is the only possibility to cause a manifestation. From then on, it runs automatically and will be reflected in one way or another even if you *resist* its creation (as in the ladder-climbing manifestation). The only way to stop the manifestation process is when a *contrary, stronger assumption* is felt to be true and thereby communicated to the subconscious.

Just like Neville, Joseph Murphy focused on the subconscious and summarized his findings in the best-selling book *The Power of Your Subconscious Mind*^[67]. Murphy primarily used positive affirmations and prayers to feed the subconscious mind and cause manifestation by connecting to the sea of all possibilities.

Neville Goddard was asked if affirmations were helpful. His answer was clear: He said that you can have as many affirmations as you want. If you don't feel them as true and given, they will have no effect. The only medium that reaches the subconscious mind is *feeling*. Your feeling, your sensation, your certainty causes your manifestation. *Your belief, the feeling of certainty, is your destiny!*

The people who followed Murphy's teachings succeeded only if they *felt* the proposed affirmations and prayers from the deepest heart. Murphy tried to clarify this again and again. Daily recitation of affirmations is only worthwhile if they are felt as real. The best way to do that is to be grateful for already having reached this state!

The feeling is all; the name is sound and smoke, beclouding Heaven's glow!

—

Johann Wolfgang von Goethe [\[68\]](#)

If you deny an affirmation, your subconscious will do the same. Then, as a response of your subconscious to *I am rich*, you immediately feel that you are lying to yourself. To avoid this, you can use the following techniques: Rewrite the affirmation until you can accept it as truth more easily. For instance, instead of *I am rich* you can say *I am successful in all my activities*. By being successful in everything you do, you will attract prosperity and wealth just the same. Another way to soften the affirmation is to use words instead of complete sentences. For instance, think of the word *wealth* when you inhale, and think of *success* when you exhale.

Three further tips for accepting your affirmations are:

- Say the affirmations out loud (preferably in front of a mirror).
- Say them to yourself in your mind.
- Record them and play them back into sleep.

When you listen to David's meditations and affirmations[\[69\]](#)[\[70\]](#), feel these states as true and given. Say the affirmations in your mind. This will increase the effect enormously.

Your state of consciousness is created by the pairing of the conscious and subconscious mind. They are the two poles of consciousness – the visible/perceptible and the invisible. The subconscious represents your Higher Self. All the qualities attributed to the Higher Self, like infinite intelligence, inner compass or unconditional love, are the qualities of your subconscious mind.

You are constantly talking to your subconscious and imprinting it. That is, if you feel envy, anger, fear, or resentment, your subconscious takes these feelings as true and given and thereby creates situations for you in the outer world, which reflect these feelings. Therefore, pay attention to your thoughts and feelings!

When you notice that you are feeling envy, anger, fear, or resentment through your thoughts, immediately shift those thoughts and feelings towards love, joy, and confidence! This way, you can neutralize the effect of the previous thoughts and feelings and rewrite them positively.

You will get to read some of Neville's work on this in the chapter Mental Diets.

Chapter 6.1 - Positive Affirmations For Your Subconscious Mind

Below you find a list of positive affirmations that you can use for yourself or as an inspiration.

- *I feel gratitude for everything and everyone in my life!*
- *I am completely at peace with this moment and grateful for everything!*
- *I am a money magnet and blessed with good things all the time!*
- *I am a healthy, happy, and loving multimillionaire!*
- *The universe blesses my life exponentially!*
- *My life is wonderful, and I love it!*
- *My life is blessed with instant, eternal supply and every need is always met immediately!*
- *I am doing better and better every day in every way!*
- *I am resilient and I always come back to my strength!*
- *I am the power of God!*
- *I am proud of myself!*
- *I love myself!*
- *The infinite intelligence of my subconscious supports me all the time!*
- *I know that anything is possible in life!*
- *I am amazing, confident, and influential!*
- *I have full control over all information and energies within me!*
- *I am love and I am loved!*
- *This world is my expressed self!*
- *I am patient and peaceful!*
- *I can change the world by changing myself!*
- *Everything always turns out in my favor!*
- *Divine love surrounds and blesses me!*
- *I am a soul magnet for happiness and blessings!*
- *All my ventures are extraordinarily successful!*
- *I have so many amazing qualities that I am proud of!*
- *I have an attitude of gratitude!*
- *I enrich this world so much with all my unique gifts!*
- *I have the gift and the power to reshape my circumstances within me!*

- *I am consistent in my positive assumptions!*
- *Thank you, God, for showing me that all my problems are already solved!*
- *I have a stable, reliable income built with integrity and mutual benefit!*
- *I am a gift from God and a blessing for every person and the whole world!*
- *I receive gifts every day!*
- *I am pure perfection!*
- *I am a master at manifesting!*
- *I am always in the here and now!*
- *Every person always wants only the best for me!*
- *I am one with everything that is!*
- *I am the way, the truth, and the life!*
- *I am Christ!*
- *I am God!*
- *I am!*

To achieve a sleep-like state regardless of the time of day and thus open yourself to the affirmations, you can use the following tip from Joseph Murphy: Get comfortable and say the following words:

My feet are relaxed, my ankles are relaxed, my legs are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my head is relaxed, my whole being is completely relaxed.

Feel the relaxation. After about five minutes, you should be relaxed and, in a sleep-like state. Now confirm the following truth to yourself:

God's perfection is now being expressed through me. The idea of perfect health fills my subconscious mind. The image that God has of me is perfect, and my subconscious mind is creating my body in perfect accordance with that perfect image held in the consciousness of God.

This, of course, also works with *love, wealth*, or whatever you desire.

Chapter 6.2 - Neville's Book - Feeling is the Secret

Neville Goddard published the book *Feeling is the Secret*^[71] in 1944. It explains the interaction between the conscious and the subconscious mind in its entirety.

Neville describes the *consciousness* as personal and selective – the current of *effect*. The *subconsciousness* is impersonal and non-selective – the current of *cause*.

The consciousness is responsible for ideas and transmits them through feelings to the subconscious, which gives them form and expression. Thus, an idea in the conscious mind is followed by a formative feeling which serves as a bridge into the subconscious mind. There, the idea can unfold and be expressed.

“The subconscious mind doesn’t generate its own ideas. It only accepts as true those ideas that the consciousness finds to be true.“

—
Neville Goddard

The subconscious mind is entirely free, independent of logic, and isn't limited by reason or the like. A feeling is equal to a fact that already exists, and based on assumption, this feeling must be expressed. No mental assumption is handed over to the subconscious until it is felt to be true. *However, as soon as this assumption is felt, it must be expressed!* Therefore, you should only allow and nurture those feelings that are good for yourself. Since these feelings are neither true nor false, the subconscious mind has no limits and can bring forth everything imaginable.

The important thing is think *from the end*, not about *HOW* to get there. “You are already the person you want to be and your refusal to believe this is the only reason why you can't see it in the outside world [...] You never reflect the things you *want* from the depths of yourself. You always reflect what you *are*. And you are what you believe to be true about yourself and about others,“ says Neville.

Consciousness and subconsciousness work best together when it comes to sleep. Then, the consciousness isn't distracted by senses and reaches the subconscious more easily – for unconsciousness in sleep is the permanent status quo of the subconscious. The freedom of decision is omitted, and what remains are the feelings and the image of oneself from the waking state.

Prayer as an imitation of a sleep-like state can be used as well. Here, too, the impressions of the outside world are reduced, making us more receptive to ideas. But again, you must go into the assumption that what is desired has already happened. When feeling and desire are competing, the feeling will always win. An assumption that isn't felt cannot be forced. Remedy for this is a passive state of consciousness - namely like the one just before sleep.

Chapter 7 – One of the Most Wonderful Manifestation Techniques Ever: Isn’t It Wonderful?!

With the manifestation technique *Isn’t it wonderful?!* we skip the part of implying an assumption and instead go directly into the feeling of wish fulfillment by using a specific mantra. This creates the feeling of a very positive assumption just before falling asleep – the feeling that everything is wonderful. The mantra is:

Isn’t it wonderful?! Something marvelous is happening to me right now!

This affirmation is just an example. You don't have to accept its wording, and you can choose anything you like. The main thing is that you feel it in this moment: Everything is just perfect, everything is wonderful. You could as well say "*Isn’t it awesome what’s happening to me right now?*" or whatever creates the feeling that you are simply overwhelmed by all the good things that are happening in this moment.

With this feeling in your body, you fall asleep. You take the feeling of **WOW, THIS IS WONDERFUL!** into sleep.

The advantage of this technique is that it doesn't require an imaginal act. It is perfect if you have difficulties to imagine a scene. However, the downside is that you can't do your manifestation as purposefully as with the imaginal act. Yet, what happens during this technique is the following: You create a feeling of, *This is wonderful what is happening to me right now*, and plant this feeling as a seed for your manifestation. That in turn will reflect this feeling on the outside. Sometimes we don't know exactly what makes our heart shine – there are little and great things of which we have no idea how wonderful they are to us. By using this technique, we can manifest them into our life. *Isn’t that wonderful?!*

Isn’t It Wonderful + Imaginal act: An example of combining the two techniques is a scene in which friends or acquaintances congratulate you and your heart jumps with joy about it – but you have no idea about what. You just feel that you deserve it. You are proud of yourself. Take this feeling with you into sleep. So, you don't know what exactly makes your heart shine, but that can also be an advantage.

Moreover, the combination of both techniques can accelerate the process until manifestations show externally. If not, this is usually due to the fact that the feeling of gratitude has not been taken into sleep or the imaginal act has not been

felt as true and given. However, the desire is deeply rooted in our heart. When this desire becomes visible and tangible in the outside, it also triggers a wonderful feeling. The feeling of: *WOW, WOW, WOW! My God, this is wonderful what is happening to me right now!*

Another advantage of *Isn't it wonderful* is the fact that you can manifest several things at once since the feeling of, *My God this is wonderful*, is not tied to anything in particular. It is expressed in manifestations that make you feel just that.

Chapter 7.1 - The Wonderful Testimonial of T. K.

This testimonial is written in Neville's book *The Law and the Promise*^[72]. A woman needed so many things at once that she didn't know where to start. This is what happened:

"Most of us read and love fairy stories, but we all know that stories of improbable riches and good fortune are for the delight of the very young. Or are they? I [T. K.] want to tell you of something unbelievably wonderful that happened to me through the power of my imagination — and I am not 'young' in years.

We live in a time when people do not believe in fairy tales or magic, and yet everything I could possibly want in my wildest daydreams was given to me by the simple use of what you teach — that 'imagination creates reality' and that 'feeling' is the secret of imagination.

At the time this wonderful thing happened to me, I was out of a job and had no family to fall back upon for support. I needed just about everything. To find a decent job I needed a car, and though I had a car, it was so worn out that it was ready to fall apart. I was behind in my rent. I had no proper clothes to seek a job; today it's no fun for a woman of fifty-five to apply for a job of any kind. My bank account was almost depleted, and there was no friend to whom I could turn.

However, I had been attending your [Neville Goddard] lectures for almost a year, and my desperation forced me to put my imagination to the test. Indeed, I had nothing to lose. It was natural for me, I suppose, to begin imagining myself having everything I needed. But I needed so many things and in such short order that I found myself exhausted when I finally got through the list, and by that time, I was so nervous I couldn't sleep. One lecture night, I heard you tell of an artist who captured the 'feeling', or 'word', as you called it, of 'Isn't it wonderful!' in his personal experience.

I began to apply this idea to my case. Instead of thinking of and imagining everything I needed, I tried to capture the 'feeling' that something extraordinary was happening to me — not tomorrow, not next week, but right now. I would say over and over to myself before sleep, 'Isn't it wonderful! Something marvelous is happening to me now!' And as I fell asleep, I would feel the way I would expect to feel under such circumstances.

I repeated this for two months, night after night, and one day in early October I met a casual friend I hadn't seen for months who informed me he was about to

leave on a trip to New York. I had lived in New York many years ago and we talked of the city a few moments and then parted. I completely forgot the incident. One month later, to the day, this man called at my apartment and handed me a check in my name for twenty-five hundred dollars.

After I got over the shock of seeing my name on a check for so much money, the story that unfolded seemed like a dream. It concerned a friend I had not seen nor heard from in more than twenty-five years. I now learned that this friend of my past had become extremely wealthy in those twenty-five years. Our mutual acquaintance who brought the check to me had met him by accident during the trip to New York last month. During their conversation, they spoke of me, and for reasons I wasn't to know (for to this day I have not heard from him and have never attempted to contact him), this old friend decided to share a portion of his great wealth with me.

For the next two years, from the office of his attorney, I received monthly checks so generous in the amount they not only covered every requirement of daily living but left much over for all the lovely things of life: clothes, a car, a spacious apartment — and best of all, no need to earn my daily bread.

This past month, I received a letter and some legal papers to be signed, providing the continuation of this monthly income for the rest of my natural life!“^[73]

Isn't that wonderful?! Something fantastic has happened to T. K.! What more could you want than financial freedom without any effort, in a situation where all the problems came from financial hardship?

The example clearly shows what is possible when a wonderful state of consciousness is mirrored on the outside.

The feeling/state when you fall asleep at night is *decisive* about what you will experience your next days, weeks, months or even years! However, keep in mind that this applies for both directions, positive and negative. Thus, *never* go to bed annoyed, angry, or in a quarrel and fall asleep with these feelings!

Chapter 7.2 - Elmer O. Locker Jr on the Effects of Feeling When Falling Asleep

Elmer O. Locker Jr described this wonderful technique as follows:

“[...] Sleep! That's the most important part of the day. You go to sleep feeling successful and like things are working out for you in a beautiful way! You're just really happy about yourself and your future! You're happy about it! While doing that, you go to sleep, and then it will happen to you like everything is happening to you right now. Because that's what you do every day *AND* that's what's happening to you every day; whatever you're feeling when you go to sleep tonight is what's going to happen to you for the next few days and for the next few years. Your future is set right now - even what you're going to say 20 years later to a man named Oshmagosh. It's all set and it's going to happen. *UNLESS* you change it!

You have the privilege of changing it because you can go to sleep at night pretending, or let's say counting a hundred thousand dollars. Get a hundred-dollar bill, study it, and learn to count a hundred thousand dollars in your imagination. Start doing it when you're going to sleep at night. And the first night, when you're right in the middle of counting and you go to sleep, you can decide you don't want it, but it's no good because you're going to get it and it's not going to be for nothing. There'll be a very good reason you got it! [...]”^[74]

Therefore, I recommend testing and proving it to yourself. The only thing you have to do is carrying the feeling of, *WOW, WOW, WOW! My God, isn't it wonderful, what is happening to me right now!?* into your sleep for a few nights.

Happy - As within, so without. That's what I wish you.

Chapter 8 - The Symbolic Language of the Sacred Scriptures

Neville often used quotes from the Bible to create analogies in his manifestation lectures. As mentioned earlier, he studied all kinds of Scripture in depth after his encounter with his spiritual mentor, Abdullah.

There is a global assumption among the authors of these scriptures that they are essential for humanity. These authors were so-called *awakened mystics and hermetics*, who knew the rules of our planes of existence and disguised these teachings, messages and instructions as analogies, stories, and symbols. Others, too, such as William Blake or William Shakespeare, carried this knowledge in themselves and used it in art, literature, and music.

Most of the stories in the Bible do not represent historical events. These stories are written in the language of symbolism or analogies and should not be taken literally. Below you will find some examples and how to apply these statements to manifestation.

- ***I am going to the Father, who is greater than I am.*** [\[75\]](#)

My present state of consciousness and the all-encompassing consciousness of God are one. However, the all-encompassing consciousness of God is everything that exists and therefore much more far-reaching and more significant than my part of that which I have incorporated for myself.

- ***I am who I am!*** [\[76\]](#)

I AM in my present state of consciousness. I AM part of the consciousness of God which I have incorporated and accepted for me!

- ***I am the way and the truth and the life.*** [\[77\]](#)

My conditioned state of consciousness is my destiny, my predetermined way. It is my inner truth and the life which is reflected by it in the outside world. As within, so without! No one reaches his destination except through his state of consciousness which holds the destination.

- ***But I say to you, do not resist the one who is evil. But if anyone***

slaps you on the right cheek, turn to him the other also.[\[78\]](#)

Jesus taught his disciples that the inner world is mirrored in the outer world. When we respond to our external circumstances, we confirm our inner self. If we continue responding to the outside, we will continue carrying it within. Thus, we get into a so-called vicious circle and can't get out of it – until we understand that we can only change the outside by changing the inside – our state of consciousness – through a new assumption perceived as true.

- *Truly, I say to you, whoever says to this mountain, ‘Be taken up and thrown into the sea,’ and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. Therefore, I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.*[\[79\]](#)

When you entirely arrive in your desired state of consciousness without doubt in your heart, then this truth/assumption/desire will be reflected in your life, even if it means that a mountain shall rise and fall into the sea.

Yes, the scriptures are instructions for manifesting. They explain the rules of the game of life and how to control it consciously. Recognizing and understanding this is very important to properly absorb the next chapters.

Chapter 8.1 - The Twelve Qualities of the Mind

Understanding the twelve qualities of our mind is an essential basis for manifestation. The following excerpt from Neville's second book *Your Faith is Your Fortune*^[80] explains them very well:

Chapter 18: The Twelve Disciples

And when he had called unto him his twelve disciples, he gave them power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease.^[81]

The twelve disciples represent the twelve qualities of mind which can be controlled and disciplined by man. If disciplined, they will at all times obey the command of the one who has disciplined them.

These twelve qualities in man are potentials of every mind. Undisciplined their actions resemble more the actions of a mob than they do of a trained and disciplined army. All the storms and confusions that engulf man can be traced directly to these twelve ill-related characteristics of the human mind in its present slumbering state. Until they are awakened and disciplined, they will permit every rumor and sensuous emotion to move them.

When these twelve are disciplined and brought under control the one who accomplishes this control will say to them, "Hereafter I call you not slaves but friends."^[82]

He knows that from that moment on each acquired disciplined attribute of mind will befriend and protect him. The names of the twelve qualities reveal their natures. These names are not given to them until they are called to discipleship. They are: Simon, who was later surnamed Peter, Andrew, James, John, Philip, Bartholomew, Thomas, Matthew, James the son of Alphaeus, Thaddaeus, Simon the Canaanite, and Judas.

The first quality to be called and disciplined is Simon or the attribute of hearing. This faculty, when lifted to the level of a disciple, permits only such impressions to reach consciousness as those which his hearing has commanded him to let enter. No matter what the wisdom of man might suggest, or the evidence of his senses convey, if such suggestions and ideas are not in keeping with that which he hears, he remains unmoved. This one has been instructed by his Lord and made to understand that every suggestion he permits to pass his gate will, on

reaching his Lord and Master (his consciousness), leave its impression there, which impression must in time become an expression.

The instruction to Simon is that he should permit only dignified and honorable visitors or impressions to enter the house (consciousness) of his Lord. No mistake can be covered up or hidden from his Master, for every expression of life tells his Lord whom he consciously or unconsciously entertained. When Simon by his works proves himself to be a true and faithful disciple then he receives the surname of Peter or the rock, the unmoved disciple, the one who cannot be bribed or coerced by any visitor.

He is called by his Lord Simon Peter, the one who faithfully hears the commands of his Lord and besides which commands he hears not. It is this Simon Peter who discovers the I AM to be Christ, and for his discovery is given the keys to heaven and is made the foundation stone upon which the Temple of God rests. Buildings must have firm foundations and only the disciplined hearing can, on learning that the I AM is Christ, remain firm and unmoved in the knowledge that I AM Christ and beside ME there is no savior.

The second quality to be called to discipleship is Andrew or courage. As the first quality, faith in oneself, is developed it automatically calls into being its brother, courage. Faith in oneself, which asks no man's help but quietly and alone appropriates the consciousness of the quality desired and — in spite of reason or the evidence of his senses to the contrary — continues faithful — patiently waiting in the knowledge that his unseen claim if sustained must be realized — such faith develops a courage and strength of character that are beyond the wildest dreams of the undisciplined man whose faith is in things seen.

The faith of the undisciplined man cannot really be called faith. For if the armies, medicines, or wisdom of man in which his faith is placed be taken from him, his faith and courage go with it. But from the disciplined one, the whole world could be taken and yet he would remain faithful in the knowledge that the state of consciousness in which he abides must in due season embody itself. This courage is Peter's brother Andrew, the disciple, who knows what it is to dare, to do and to be silent.

The next two who are called are also related. These are the brothers, James and John, James the just, the righteous judge, and his brother John, the beloved. Justice to be wise must be administered with love, ever turning the other cheek and at all times returning good for evil, love for hate, non-violence for violence.

The disciple James, symbol of a disciplined judgment, must when raised to the

high office of a supreme judge be blindfolded that he may not be influenced by the flesh nor judge after the appearances of being. Disciplined judgment is administered by one who is not influenced by appearances.

The one who has called these brothers to discipleship continues faithful to his command to hear only that which he has been commanded to hear, namely, the Good. The man who has this quality of his mind disciplined is incapable of hearing and accepting as true anything— either of himself or another— which does not on the hearing fill his heart with love.

These two disciples or aspects of the mind are one and inseparable when awakened. Such a disciplined one forgives all men for being that which they are. He knows as a wise judge that every man perfectly expresses that which he is, as man, conscious of being. He knows that upon the changeless foundation of consciousness all manifestation rests, that changes of expression can be brought about only through changes of consciousness. With neither condemnation nor criticism these disciplined qualities of the mind permit everyone to be that which he is.

However, although allowing this perfect freedom of choice to all, they are nevertheless ever watchful to see that they themselves prophesy and do — both for others and themselves — only such things which when expressed glorify, dignify, and give joy to the expresser.

The fifth quality called to discipleship is Philip. This one asked to be shown the Father. The awakened man knows that the Father is the state of consciousness in which man dwells, and that this state or Father can be seen only as it is expressed. He knows himself to be the perfect likeness or image of that consciousness with which he is identified.

So, he declares, "No man has at any time seen my Father, but I, the son, who dwelleth in his bosom have revealed him^[83]; therefore, when you see me, the son, you see my Father, for I come to bear witness of my Father." I and my Father, consciousness and its expression, God and man, are one.

This aspect of the mind when disciplined persists until ideas, ambitions and desires become embodied realities. This is the quality which states "Yet in my flesh shall I see God."^[84] It knows how to make the word flesh^[85], how to give form to the formless.

The sixth disciple is called Bartholomew. This quality is the imaginative faculty, which quality of the mind when once awake distinguishes one from the masses. An awakened imagination places the one so awakened head and shoulders above

the average man, giving him the appearance of a beacon light in a world of darkness. No quality so separates man from man as does the disciplined imagination. This is the separation of the wheat from the chaff. Those who have given most to society are our artists, scientists, inventors and others with vivid imaginations.

Should a survey be made to determine the reason why so many seemingly educated men and women fail in their after-college years or should it be made to determine the reason for the different earning powers of the masses, there would be no doubt, but that imagination played the important part. Such a survey would show that it is imagination which makes one a leader while the lack of it makes one a follower.

Instead of developing the imagination of man, our educational system oftentimes stifles it by attempting to put into the mind of man the wisdom he seeks. It forces him to memorize a number of textbooks which, all too soon, are disproved by later textbooks. Education is not accomplished by putting something into man; its purpose is to draw out of man the wisdom which is latent within him. May the reader call Bartholomew to discipleship, for only as this quality is raised to discipleship will you have the capacity to conceive ideas that will lift you beyond the limitations of man.

The seventh is called Thomas. This disciplined quality doubts or denies every rumor and suggestion that are not in harmony with that which Simon Peter has been commanded to let enter. The man who is conscious of being healthy (not because of inherited health, diets, or climate, but because he is awakened and knows the state of consciousness in which he lives) will, in spite of the conditions of the world, continue to express health.

He could hear through the press, radio, and wise men of the world that a plague was sweeping the earth and yet he would remain unmoved and unimpressed. Thomas, the doubter — when disciplined — would deny that sickness or anything else which was not in sympathy with the consciousness to which he belonged had any power to affect him.

This quality of denial — when disciplined — protects man from receiving impressions that are not in harmony with his nature. He adopts an attitude of total indifference to all suggestions that are foreign to that which he desires to express. Disciplined denial is not a fight or a struggle but total indifference.

Matthew, the eighth, is the gift of God. This quality of the mind reveals man's desires as gifts of God. The man who has called this disciple into being knows

that every desire of his heart is a gift from heaven and that it contains both the power and the plan of its self-expression. Such a man never questions the manner of its expression. He knows that the plan of expression is never revealed to man for God's ways are past finding out.^[86]

He fully accepts his desires as gifts already received and goes his way in peace confident that they shall appear.

The ninth disciple is called James the son of Alphaeus. This is the quality of discernment. A clear and ordered mind is the voice which calls this disciple into being. This faculty perceives that which is not revealed to the eye of man. This disciple judges not from appearances for it has the capacity to function in the realm of causes and so is never misled by appearances.

Clairvoyance is the faculty which is awakened when this quality is developed and disciplined, not the clairvoyance of the mediumistic séance rooms, but the true clairvoyance or clear seeing of the mystic. That is, this aspect of the mind has the capacity to interpret that which is seen. Discernment or the capacity to diagnose is the quality of James the son of Alphaeus.

Thaddaeus, the tenth, is the disciple of praise, a quality in which the undisciplined man is woefully lacking. When this quality of praise and thanksgiving is awake within man, he walks with the words, "Thank you, Father," ever on his lips. He knows that his thanks for things not seen opens the windows of heaven and permits gifts beyond his capacity to receive to be poured upon him. The man who is not thankful for things received is not likely to be the recipient of many gifts from the same source. Until this quality of the mind is disciplined, man will not see the desert blossom as the rose. Praise and thanksgiving are to the invisible gifts of God (one's desires) what rain and sun are to the unseen seeds in the bosom of the earth.

The eleventh quality called is Simon of Canaan. A good key phrase for this disciple is "Hearing good news." Simon of Canaan, or Simon from the land of milk and honey, when called to discipleship, is proof that the one who calls this faculty into being has become conscious of the abundant life. He can say with the Psalmist David, "Thou preparest a table before me in the presence of mine enemies; thou anointest my head with oil; my cup runneth over."^[87] This disciplined aspect of the mind is incapable of hearing anything other than good news and so is well qualified to preach the Gospel or Good-spell.

The twelfth and last of the disciplined qualities of the mind is called Judas. When this quality is awake man knows that he must die to that which he is

before he can become that which he desires to be. So, it is said of this disciple that he committed suicide, which is the mystic's way of telling the initiated that Judas is the disciplined aspect of detachment. This one knows that his I AM or consciousness is his savior, so he lets all other saviors go. This quality — when disciplined — gives one the strength to let go.

The man who has called Judas into being has learned how to take his attention away from problems or limitations and to place it upon that which is the solution or savior.

"Except ye be born again you cannot in anywise enter the Kingdom of Heaven."
[\[88\]](#) "No greater love hath man than this, that he give his life for a friend."[\[89\]](#)

When man realizes that the quality desired, if realized, would save and befriend him, he willingly gives up his life (present conception of himself) for his friend by detaching his consciousness from that which he is conscious of being and assuming the consciousness of that which he desires to be.

Judas, the one whom the world in its ignorance has blackened, will when man awakes from his undisciplined state, be placed on high for God is love and no greater love has a man than this — that he lay down his life for a friend.

Until man lets go of that which he is now conscious of being, he will not become that which he desires to be; and Judas is the one who accomplishes this through suicide or detachment.

These are the twelve qualities which were given to man in the foundation of the world.

Man's duty is to raise them to the level of discipleship. When this is accomplished man will say, "I have finished the work which thou gavest me to do. I have glorified thee on earth and now, O Father, glorify thou me with thine own self with the glory which I had with thee before the world was."[\[90\]](#)

In summary, the twelve qualities of the mind and their value through discipline are shown as follows:

1. *The quality of assumption:* This is the belief in oneself and the certainty that one's own assumption, perceived as true, will harden into fact. This quality knows to hear and accept only that which is in harmony with one's own desire.

2. *The quality of courage:* Through faith in oneself, courage and strength of character are revealed. The belief in oneself and the certainty that one's state of consciousness will manifest reflects this courage and strength of character externally.

3 & 4. The quality of justice and love: Justice must be carried out with love to be wise. One must not be blinded by the outside and be aware that the person's (state of) consciousness causes the effect.

5. The quality of the awakened person: Knowing that everything is God, including oneself. The states of God's consciousness that we can assume is the sole cause of any manifestation in the external world.

6. The quality of imagination: To be aware of the power that created everything. It is only with our imagination that we have the possibility to transcend our limits and make the impossible possible.

7. The quality of indifference: Knowing that the outside world and all its alleged evidence basically have no relevance. They do not set causes but are only effects of our own state of consciousness. With this knowledge we can be indifferent to everything outside.

8. The quality of considering the desire as a gift: Knowing that God's ways are unfathomable and accepting that one's desire holds all the necessary means, powers, and ways to realize them. Knowing that one's desire simultaneously reflects one's gift, given to us by God.

9. The quality of discernment: To realize that every effect we can experience in the external world has consciousness as its cause. This enables us to discriminate correctly and not be misled by the external world. This is the quality of correct diagnosis, the key that leads out of the illusion of the outside world.

10. The quality of gratitude: The knowledge that the desired state, accepted in sincere gratitude, causes the necessary energy to invoke this state. Genuine gratitude for the big and small things in life, makes a bed of roses out of all deserts.

11. The quality of good news: Knowing that the coin is always neutral and through one's own interpretation, one brings out the desired side and energies.

12. The quality of letting go: Knowing that the old state, the old person must die to fully accept the new state, the new person. The solution is detaching from the old and fully stepping into the new state.

These are the twelve qualities of our mind, and when disciplined, they can open all imaginable and unimaginable possibilities – the kingdom of heaven on earth!

Chapter 8.2 - Neville's Lecture – Mental Diets, Your Self-Talk Creates Manifestations

Aside from the twelve qualities of our mind, self-talk is one of the most important aspects of manifestation. For deeper understanding we will use Neville's lecture *Mental Diets - Self-Talk Creates Reality* from 1955.

“Talking to oneself is a habit everyone indulges in. We could no more stop talking to ourselves than we could stop eating and drinking. All that we can do is control the nature and the direction of our inner conversations. Most of us are totally unaware of the fact that our inner conversations are the causes of the circumstance of our life.

We are told that “as a man thinketh in his heart, so is he.”^[91] But do we know that man's thinking follows the tracks laid down in his own inner conversations? To turn the tracks to which he is tied in the direction in which he wants to go, he must put off his former conversation, which is called the Old Man^[92] in the Bible and be renewed in the spirit of his mind. Speech is the image of mind; therefore, to change his mind, he must first change his speech. By 'speech' is meant those mental conversations we carry on with ourselves.

The world is a magic circle of infinite possible mental transformations. For there are an infinite number of possible mental conversations. When man discovers the creative power of inner talking, he will realize his function and his mission in life. Then he can act to a purpose. Without such knowledge, he acts unconsciously. Everything is a manifestation of the mental conversations which go on in us without our being aware of them. But as civilized beings, we must become aware of them and act with a purpose.

A man's mental conversations attracts his life. As long as there is no change in his inner talking, the personal history of the man remains the same. To attempt to change the world before we change our inner talking is to struggle against the very nature of things. Man can go 'round and around in the same circle of disappointments and misfortunes, not seeing them as caused by his own negative inner talking, but as caused by others. This may seem far-fetched, but it is a matter which lends itself to research and experiment. The formula the chemist illustrates isn't more certainly provable than the formula of this science by which words are clothed in objective reality.

One day a girl told me of her difficulties working with her employer. She was convinced that he criticized unjustly and rejected her very best efforts. Upon hearing her story, I explained that if she thought him unfair, it was a sure sign that she herself needed a new conversation piece. There was no doubt but that she was mentally arguing with her employer, for others only echo that which we whisper to them in secret. She confessed that she argued mentally with him all day long. When she realized what she had been doing, she agreed to change her inner conversations with her employer. She imagined that he had congratulated her on her fine work, and that she in turn had thanked him for his praise and kindness. To her great delight, she soon discovered that her own attitude was the cause of all that befell her. The behavior of her employer reversed itself. It echoed, as it had always done, her mental conversations with him.

I rarely see a person alone without wondering, “to what conversation piece is he tied? On what mysterious track is he walking?” We must begin to take life consciously. For the solution to all problems lies just in this: the Second Man, the Lord from heaven in all of us, is trying to become self-conscious in the body, that he may be about his father's business. What are his labors? To imitate his father, to become master of the Word, master of his inner talking, that he may mold this world of ours into a likeness with the Kingdom of Love.

The prophet said, “Be ye imitators of God as dear children.”^[93] How would I imitate God? Well, we are told that God calls things that aren't seen as though they were seen, and the unseen becomes seen. This is the way the girl called forth praise and kindness from her employer. She carried on an imaginary conversation with her employer from the premise that he had praised her work, and he did.

Our inner conversations represent in various ways the world we live in. Our individual worlds are self-revelations of our own inner speech. We are told that every idle word that men shall speak they shall give account thereof. For by their words shall they be justified, and by their words they shall be condemned.^[94] We abandon ourselves to negative inner talking, yet expect to retain command of life. Our present mental conversations don't recede into the past as man believes. They advance into the future to confront us as wasted or invested words. “My Word,” said the prophet, “shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in all the things whereto I sent it.”^[95]

How would I send my Word to help a friend? I would imagine that I am hearing his voice, that he is physically present, that my hand is on him. I would then congratulate him on his good fortune, tell him that I have never seen him look

better. I would listen as though I heard him; I would imagine that he is telling me he has never felt better, he has never been happier. And I would know that in this loving, knowing communion with another, a communion populous with loving thoughts and feelings, that my word was sent, and it shall not return unto me void, but it shall prosper in the thing whereto I sent it.

“Now is the accepted time, now is the day of salvation.”^[96] It is only what is done now that counts, even though its effects may not be visible until tomorrow. We call not out loud, but by an inner effort of intense attention. To listen attentively, as though you heard, is to create. The events and relationships of life are your Word made visible. Most of us rob others of their willingness and their ability to be kind and generous by our fixed attitudes towards them. Our attitudes unfold within us in the form of mental conversations. Inner talking from premises of fulfilled desire is the way to consciously create circumstances.

Our inner conversations are perpetually out pictured all around us in happenings. Therefore, what we desire to see and hear outside of us, we must see and hear within, for the whole manifested world goes to show us what use we have made of the Word. If you practice this art of controlled inner speaking, you too will know what a thrill it is to be able to say, “And now I have told you before it come to pass, that when it is come to pass, ye might believe.”^[97] You’ll be able to consciously use your imagination to transform and channel the immense creative energies of your inner speech from the mental, emotional level to the physical level. And I don’t know what limits, if any, there are to such a process.

What is your aim? Does your inner talk match it?

It must, you know, if you would realize your aim. For as the prophet asked, “Can two walk together except they be agreed?”^[98] And of course, the answer is, “No, they cannot.” The two who must agree are your inner conversation and the state desired. That is, what you desire to see and hear outside, you must see and hear within.

Every stage of man’s progress is made by the conscious exercise of his imagination matching his inner speech to his fulfilled desire. As we control our inner talking, matching it to our fulfilled desires, we can lay aside all other processes. Then we simply act by clear imagination and intention: we imagine the wish fulfilled and carry-on mental conversations from that premise. The right inner speech is the speech that would be yours were you to realize your ideal. In other words, it is the speech of fulfilled desire.

Now you’ll understand how wise the ancient was when he told us in the

Hermetica, “There are two gifts which God has bestowed upon man alone and on no other mortal creature. These two are the Mind and Speech, and the gift of Mind and Speech are equivalent to that of immortality. If a man uses these two gifts rightly, he will differ in nothing from the Immortals. And when he quits his body, Mind and Speech will be his guides, and by them he will be brought into the troop of the gods and the souls that have attained to bliss.”^[99]

With the gift of Mind and Speech you create the conditions and circumstances of life. “In the beginning was the Word, and the Word was with God, and the Word was God.”^[100] The Word, said Hermes, is Son, and Mind is Father of the Word. They aren’t separate one from the other, for life is the union of Word and Mind. You and your inner talking, or Word, are one. If your mind is one with your inner conversations, then to be transformed in mind is to be transformed in conversation.

It was a flash of the deepest insight that taught Paul to write, “Put off the former conversation, the Old Man, which is corrupt, and be renewed in the spirit of your mind. Put on the New Man.” “Put on the New Man,” and “be renewed in the spirit of your mind,”^[101] is to change your inner conversation, for speech and mind are one - a change of speech is a change of mind.

The prophet Samuel said, “The Lord spoke through me, and his Word is in my tongue.”^[102] If the Lord’s Word was in the prophet’s tongue, then the Lord’s mouth that uttered the Word must be the prophet’s mind, for inner conversations originate in the mind and produce little, tiny speech movements in the tongue. The prophet is telling us that the mouth of God is the mind of man, that our inner conversations are the Word of God creating life about us as we create it within ourselves.

In the Bible we are told that the Word is very near to us, in our mouth and in our heart, that you may do it. “See, I have set before you this day life and good, death and evil, blessings and cursings. Choose life.” The conditions and circumstances of life aren’t created by some power external to yourself; they are the conditions which result from the exercise of your freedom of choice, your freedom to choose the ideas to which you’ll respond.

Now is the accepted time. This is the day of salvation. Whatsoever things are of good report, think on these things. For your future will be formed by the Word of God which is your present inner talking. You create your future by your inner conversations. The worlds were framed by the Word of God, that is, your inner talking.

See yonder fields? The sesamum was sesamum, the corn was corn. The silence and the darkness knew! So is a man's fate born.

—
Sir Edwin Arnold - *The Light of Asia*[\[103\]](#)

For ends run true to origins. If you would reap success, you must plant success. The idea in your mind which starts the whole process going is the idea which you accept as truth. This is a very important point to grasp, for truth depends upon the intensity of imagination, not upon "facts." When the girl imagined that her employer was unfair, his behavior confirmed her imagination. When she changed her assumption of him, his behavior reflected the change, proving that an assumption, though false, if persisted in will harden into fact.

The mind always behaves according to the assumption with which it starts.

Therefore, to experience success, we must assume that we are successful. We must live wholly on the level of the imagination itself, and it must be consciously and deliberately undertaken. It doesn't matter if at the present moment external facts deny the truth of your assumption, if you persist in your assumption, it will become a fact.

Signs follow, they do not precede.

To assume a new concept of yourself is to that extent to change your inner talking or Word of God and is, therefore, putting on the New Man. Our inner talking, though unheard by others, is more productive of future conditions than all the audible promises and threats of men. Your ideal is waiting to be incarnated, but unless you yourself offer it human parentage it is incapable of birth. You must define the person you wish to be and then assume the feeling of your wish fulfilled in faith that that assumption will find expression through you.

The true test of religion is in its use, but men have made it a thing to defend. It is to you that the words are spoken, "Blessed is she that believed, for there shall be an accomplishment of those things which were spoken unto her from the Lord." Test it. Try it. Conceive yourself to be one that you want to be and remain faithful to that conception, for life here is only a training ground for image making. Try it and see if life will not shape itself on the model of your imagination.

Everything in the world bears witness of the use or misuse of man's inner

talking. Negative inner talking, particularly evil and envious inner talking, are the breeding ground of the future battlefields and penitentiaries of the world. Through habit man has developed the secret affection for these negative inner conversations. Through them he justifies failure, criticizes his neighbors, gloats over the distress of others, and in general pours out his venom on all. Such misuse of the Word perpetuates the violence of the world.

The transformation of self requires that we meditate on a given phrase, a phrase which implies that our ideal is realized, and inwardly affirm it over and over and over again until we are inwardly affected by its implication, until we are possessed by it. Hold fast to your noble inner convictions or "conversations." Nothing can take them from you but yourself. Nothing can stop them from becoming objective facts. All things are generated out of your imagination by the Word of God, which is your own inner conversation. And every imagination reaps its own Words which it has inwardly spoken.

The great secret of success is a controlled inner conversation from premises of fulfilled desire. The only price you pay for success is the giving up of your former conversation which belongs to the Old Man, the unsuccessful man. The time is ripe for many of us to take conscious charge in creating heaven on earth. To consciously and voluntarily use our imagination, to inwardly hear and only say that which is in harmony with our ideal, is actively bringing heaven to earth. Every time we exercise our imagination lovingly on behalf of another, we are literally mediating God to that one. Always use your imagination masterfully, as a participant, not an onlooker. In using your imagination to transform energy from the mental, emotional level to physical level, extend your senses - look and imagine that you are seeing what you want to see, that you are hearing what you want to hear, and touching what you want to touch. Become intensely aware of doing so. Give your imaginary state all the tones and feeling of reality. Keep on doing so until you arouse within yourself the mood of accomplishment and the feeling of relief.

This is the active, voluntary use of the imagination as distinguished from the passive, involuntary acceptance of appearances. It is by this active, voluntary use of the imagination that the Second Man, the Lord from heaven, is awakened in man. Men call imagination a plaything, the "dream faculty." But actually, it is the very gateway of reality. Imagination is the way to the state desired; it is the truth of the state desired, and the life of that state desired. Could you realize this fully, there would you know that what you do in your imagination is the only important thing. Within the circle of our imagination the whole drama of life is being enacted over and over again. Through the bold and active use of the

imagination we can stretch out our hand and touch a friend ten thousand miles away and bring health and wealth to the parched lips of his being. It is the way to everything in the world. How else could we function beyond our fleshly limitations? But imagination demands of us a fuller living of our dreams in the present.

Through the portals of the present the whole of time must pass. Imagine elsewhere as here, and then as now. Try it and see. You can always tell if you have succeeded in making the future dream a present fact by observing your inner talking. If you are inwardly saying what you would audibly say were you physically present and physically moving about in that place, then you have succeeded. And you could prophesy it from these inner conversations, and from the moods which they awaken within you, what your future will be. For one power alone makes a prophet - imagination, the divine vision. All that we meet is our Word made visible. And what we do not now comprehend is related by affinity to the unrecognized forces of our own inner conversations and the moods which they arouse within us. If we do not like what is happening to us, it is a sure sign that we are in need of a change of mental diet. For man, we are told, lives not by bread alone but by every Word that proceeds from the mouth of God. And having discovered the mouth of God to be the mind of man, a mind which lives on Words or inner talking, we should feed into our minds only loving, noble thoughts. For with Words or inner talking we build our world.

Let love's lordly hand raise your hunger and thirst to all that is noble and of good report, and let your mind starve e'er you raise your hand to a cup love did not fill or a bowl love did not bless. That you may never again have to say, "What have I said? What have I done, O all powerful human Word?"

Your inner self-talk may be invisible at first, but the result of it will become visible in your outer world sooner or later. Realize this fact so that you can direct your inner self-talk more consciously. Your self-talk is nothing else than an audible imaginal act, which, depending on the intensity, is clearly felt in an intense way and thereby causes – mostly unconscious – manifestations.

Neville even says, "The right inner conversation is the first step to becoming what you want to be. We imagine the fulfilled desire and from that premise, we have our inner self-talk."

Remember: You feed your inner world, your self-image, your subconscious with your self-talk which then reflects on the outside. Your inner self-talk must

revolve around the fact that your desire has already been fulfilled. Otherwise, the desired result will not be reflected.

In this case, you wouldn't be conscious of your wish fulfillment. Perform the instructions for manifesting again, persist in your assumption and steer your inner self-talk in the direction of your fulfilled wish.

Chapter 9 - Use Prayer To Enter The State Of Your Desire

Right off the bat, before explaining this technique, I would like to say: praying or prayer has nothing to do with asking or even pleading! It is quite the contrary. The praying or a prayer is the recognition and thanksgiving of a state we long for. You enter the state of your wish fulfillment through prayer. By doing so, you satisfy your hunger for your desire. Prayer is an interplay between an affirmation perceived as true and given and a sleep-like state! Neville Goddard described it this way: *“Prayer is the art of accepting with gratitude the feeling of already being and having what you want to be and have.”*

So, for all the non-religious people reading this: Prayer in our sense has nothing to do with any religion or religious practice. It is a practice in which one acknowledges a desired state for oneself and shows gratitude for it. In other words, praying is a manifestation technique.

Chapter 9.1 - Neville's Lecture: How To Really Pray

There is good reason why the Bible quotes Jesus with the prayer: “Father, I thank you that you have heard me.”^[104] We will learn this reason from Neville in his talk: *How to really pray.*

“I think you will find tonight’s message a very practical one... something that all should really have and apply. The whole of life is the appeasement of hunger, and the numberless states of consciousness from which the individual can think and view the world.

Prayer is a means of satisfying that hunger. I say this because your state of consciousness is always being externalized.

If you know how to move from your present state if you dislike it - to the state you would like to externalize, then you have the secret. And that is what I will attempt tonight to tell you.

We’re only states of consciousness pushed out everything in this world. And all are contained within the individual.

Now, in the Bible we speak of prayer. And prayer, to the world, means “begging.” But not in the Bible. It’s thanksgiving. It’s praise. It’s not petition. We speak in the Bible of repentance, and the world thinks that it means “to regret,” “to be remorseful.”

That’s not what the Bible teaches. Prayer and repentance are almost synonymous terms. We are told to bear fruit that befits repentance.^[105] Then they say to the central character of scripture (Jesus): “You and your disciples eat and drink with sinners.” And he replied: “I am not come to call the righteous, but sinners to repentance.”^[106]

Leave the righteous alone. They’re so self-satisfied. They’re like themselves, so leave them alone. The word “sin” doesn’t have anything to do with breaking any moral code. The word “sin” means “to miss the mark”.

You have a goal in life; you haven’t achieved it. Well, then you are sinning. You may have a billion dollars and still are hungry for more. Well, then, if you don’t have the other you are sinning. You may keep all the so-called codes of the world, imposed upon you by the priesthoods of the world. That would mean nothing, as far as the scriptures go. “To repent” is simply a radical change of attitude. That is what repentance means.

For if I radically change my attitude toward life, I will then view the world from that change of attitude. And that change is a change of consciousness. And that change will be externalized in my world.

Now repentance is at once man's responsibility and a gift from God. Now let us show you what I mean by it. He (Jesus) said "I and my Father are one. Yet I go to my Father, for my Father is greater than I."^[107]

We are one, yet my Father is greater than I. So I go to my Father.

How do we arrive at this strange, peculiar statement, and what does it mean?

In the office of the sent,' I am not inferior to my essential being the Sender but only in the office of the sent I am restricted. I must live by faith. Faith in what? Faith in the Sender. It's myself. It's the Father, "for I and my Father are one." But when I am sent into this world to experience death, and to experience the restriction of man, I am seemingly inferior to myself, the Sender. So when I repent, I go to the Sender. I first do what I have to do. So I said that repentance is at once a responsibility of man and a gift from God.

So now what is my responsibility?

I want to change my world. So then I ask myself: "What would I see if I were changed? How would I see the world if my world was exactly as I want it to be? How would I see it?"

Well, then see it.

In my mind's eye, I conjure a scene which would imply that it is true. Live as though it were true in my mind's eye. I know I can't make it so. But in the depths of my own being, the Father: He has the power to make it so.

So I go to my Father.

How do I go to my Father? I first of all do what I am called upon to do: I enact a scene implying the fulfillment of my dream, and then I turn it over completely, in Thanksgiving, to Him. It is myself. It is my essential being. But it transcends my reasoning mind.

I do not know, on this level, how it can be done. But I do know that if I have faith in Him which is my own self it will be done in my world. For we are told in scripture: "Without faith, it is impossible to please Him. And those who would draw near to Him must believe that He exists, and that He rewards those who seek Him."^[108]

Well, without faith it is impossible to please Him.

What is faith? The same chapter in Hebrews defines “faith” for us: “Faith is the assurance of things not seen; the evidence of things hoped for.” By faith we understand that the very worlds were created by the word of God. So that what is seen was made out of things that do not appear.“^[109]

Well, in my world, it hasn’t yet appeared. I say it is all contained within my imagination. So I will enact a scene that would imply that it’s real. And then, within myself, I give thanks.

Now, we are told that the most wonderful prayer uttered you will find in the book of John, the eleventh chapter. He stands at the gate of death, and he raised his eyes and said “Thank you, Father, that thou has heard me. I knew that you always hear me.”^[110] Well, I can’t deny that the depth of my own being is hearing what I am doing, what I am inwardly saying. So I can truly say, “Father, thank you.” He certainly heard what I said.

Well, is it now supported by some statement of scripture?

Yes. Again, in John, but now in his letter... the first letter. And in this, he said: “If we believe that He hears us in whatever we ask of Him, we know that we have already obtained the request made of Him.”^[111] If I can simply assume that I am that man that I would like to be... but certainly the depth of my own being has seen that assumption. He has heard that assumption.

Well, can I actually believe that that's all I need do?

Well, I must confess that I can't do it on this level. I am not wise enough on this level to devise the means necessary to externalize what I have assumed that I am.

Well, have you proved it, Neville?

Unnumbered times. Unnumbered times.

When I was completely shut out in certain areas imprisoned, as it were... not in the federal prison, but a state of imprisonment... You find yourself on an island, where you enjoyed four months of it... almost five months. But you have a commitment in America. You’ve got to get back. And then to be told that there is no possibility of return until, at the very earliest, September. And that will be the very earliest. And your commitment is in Milwaukee in the first week of May.

What are you going to do then?

No possibility. No ships are taking on passengers, and the list runs into thousands waiting all through the Indies, from Trinidad all the way up. All waiting. And you are in the island of Barbados, without making any provision

for your return to America when you sailed for Barbados five months before.

So what did I do?

I simply sat in a chair in my hotel room, and I assumed I was on a little tender moving against the boat for that was before the days of the deepwater harbor. Now we have a deepwater harbor.

But then you did a small boat off to the ship waiting maybe a half mile out to sea. And then you walked up a gangplank. So I simply stepped up on the gangplank and walked up that gangplank in my mind's eye. If my mind wandered which it did I brought it right back to that first step, and I walked it up again.

If it wandered before I got to the top, I brought it back again. And I trained it as you would a horse. The mind is an unruly animal, so I trained it.

And I walked up step after step. When I got to the top, I turned around and put my imaginary hands on the rail. I could smell the salt of the sea in the air. I looked back with nostalgia at the little island of Barbados... a mixed emotion. I am happy that I am sailing for America, and sad that I am leaving this very large, wonderful family of mine. And then, in that mood, I simply dropped off for a moment in sleep just a little nap.

The next day, I was called by the very company who said that "we have no possibility of getting you out of here before, at the very earliest, September," and said, "There was a cancellation this day in America," and they offered it to me, in spite of the list of over a thousand people waiting. It's not my concern why she or he or it cancelled their passage. My prayer was answered. I did what I was called upon to do. For repentance is a radical change of attitude.

They said, "You can't get out."

I said, "Well, I am out. I'm on a boat, and the boat is headed toward New York City."

That's all I wanted to do. So I did my responsibility. And the second part of repentance is a gift from God. So God has the way of externalizing it. What caused the woman or the man or something to cancel the thing? I was told afterwards she was afraid. She was afraid, for some reason not explained, to make the trip.

And so one passage was open, and I got that room. Because there were only two beds in it, and my little girl was only three years old she could sleep with her mother, and I could climb up one flight and sleep on the upper bunk and then

take my eleven days back to New York City. I did what I was called upon to do: my responsibility.

To enact a scene that would imply the fulfillment of my desire, and then surrender completely to my Father, for He has the power to externalize it. I do not know how to do it on this level. I haven't the wisdom. I haven't anything on this level to do it. My faith is faith in my Father. Faith in His power to externalize what I have done all in imagination.

So, for me, that is prayer, that is repentance. I didn't sit down and felt for one moment that I had done something wrong, and that's why I couldn't get out. No sense of repentance like "remorse" as the world teaches. That's not repentance. Repentance is simply a radical change of attitude – that's what the word means „Metanoia”^[112] - but radical, right down to the root, and you change your attitude. If I change my attitude, I'll change my state of consciousness.

And because all states of consciousness are being externalized in the world, then that state will externalize itself in my world, in a way I do not know. For we are told: "My ways are not your ways. My ways are past finding out. Just trust."^[113]

So, without faith you cannot please God, we are told.

If I would come to Him, I must first believe that He exists, and that He rewards those who seek Him. Well, I seek Him in projecting for me that which I desire in this world. So that's what I mean by "prayer".

"Prayer" is the attempted communion with God. That's what prayer is. As we are told in the fourth Psalm, the fourth verse: "Commune with your own heart on your bed, and then be silent."^[114]

Commune with whom? I do not need the mediation of any priest, any rabbi, or any heavenly being - I'm communing with myself. The depth of my own being is God the Father. That's my essential being, and he is one with the surface mind called Neville. And in the capacity of the office of the Sent called Neville, I am inferior to myself the Sender, but the Sender and the Sent are one. You and God the Father are one. But on the . . . in the office of the Sent you are like an ambassador - you do not speak with the same authority of the one who sent you to represent him. So I represent myself in the world of death, but the Sender is greater than I, and yet I and He are one.

This is what I get from scripture, and this is what I put into practice, and this is what I try to teach and tell everyone who will listen to me. [...]"

Chapter 9.2 - The Prayer - A Purposeful Imaginative Scene Perceived as True

In the end, prayer or praying is nothing more than a purposeful imaginative scene. Prayer serves to turn oneself away from the external world and into an open-minded state to better receive and imply the recognition and gratitude of wish fulfillment. This technique can be used primarily to help you maintain your newly created assumption, your new state of consciousness.

While Neville had no trouble manifesting his seemingly greater desires with the act of prayer, he still took a short nap afterwards to transport the desire from his conscious to his subconscious mind. It certainly wasn't always that way, but he knew it would always work out.

My own experience with this is similar. It is easier with sleep and harder without because manifesting with your consciousness alone requires that your assumption is accepted very firmly. You need the right state of consciousness for it. The state of consciousness that God *ALWAYS* hears you; that your imaginal act is real and already accomplished!

The assumption that your wish has already been fulfilled must be self-evident. It must be felt as a certainty for you.

The following two examples will show you how you can manifest directly with your consciousness in your everyday life.

My mother had to go to the authorities, but since she had injured her left leg a few days before she asked me to give her a ride.

There is a parking lot right in front of the building, which would be ideal for her as she could hardly walk. However, this parking lot is very popular and usually full, especially at the time my mother had the appointment. She knew that and said to me: "We don't even need to try. It's all occupied anyway."

But I ignored this assumption, withdrew my senses from the outside world and imagined that I would park there and felt this condition as true and given. It was just certain to me that I would park there. When we arrived at the parking lot, it was all occupied. "Huh?", I thought, "How does this manifest now?"

So, I drove out of the lot and at that same time my mother said to me, "Turn right, there are more parking lots back there." But unconsciously I had already

turned left, and in order to turn right, I had to drive into the parking lot again. Still, all spaces were occupied.

At the moment I turned the car, a man came around the corner, got into a car and drove out of the parking lot. In other words, I had my parking space, and exactly where I imagined it to be true.

Another day, I was standing at the checkout of a grocery store. And while I was waiting in line, I thought, “Come on, let's see what happens when I maintain the feeling of, *Wow, that was crazy!* for a certain amount of time.”

I did that for almost a minute but forgot about it when the queue of people moved on. In front of me was a boy of about 14 who paid for his cereal and banana juice with his deposit receipt.

Unfortunately, there were 47 cents left to pay and he did not have any money on him. He tried to find some more in his backpack but was forced to return his banana juice. At that moment I thought to myself, “It's only 47 cents!” And I said to the cashier: “Please, charge the 47 cents to my purchase.” She agreed, and the boy thanked me.

When the cashier took my stuff off the belt, she noticed that I was only holding a debit card and asked me, “Oh, don't you have any cash on you?”

And I replied, “No, sorry, just the card.”

She then replied, “It's all right.”

And I asked her, “Does that mean that they have to cover the 47 cents? I was the one who made the offer. I'll come back later and bring the 47 cents.”

But she replied, “No! That's all right. The register always has a small surplus anyway. It's not a problem at all. That happens often, but if I told the boy he might think he can do this again.”

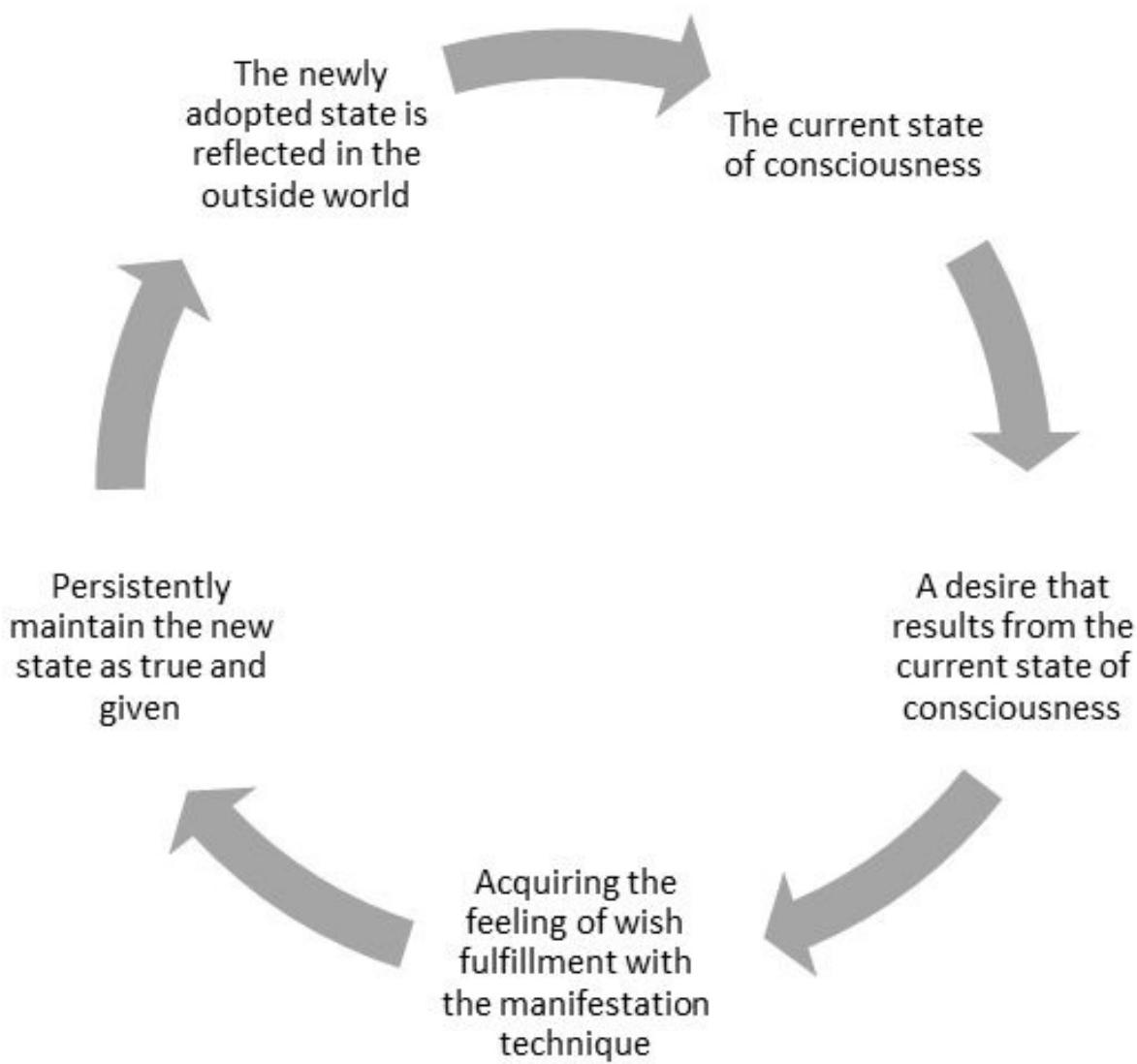
We laughed about it briefly and I thanked her. The moment I was back in the car, I thought to myself, “Wow, that was crazy.”

At its core, the process is always the same:

1. *We are in a state that creates a desire.*
2. *This desire requires a different state (mood, assumption, attitude*

towards life).

3. *We acquire this state with the manifestation technique that suits us.*
4. *We persistently remain in this new state until we feel it to be true and given, and it is thus reflected on the outside.*
5. *Our newfound state generates new desires that we can incorporate.*



Everything in life is about satiating hunger – hunger for our needs and hunger for growth. This is what keeps the game going. At the same time, this is our greatest happiness, because without the desire to experience ourselves, we could

not fulfill our desires and live the life that we dream of. Everything is a give and take in an infinite cycle of being. And both sides win, because they are part of one coin.

Chapter 10 - Correct Your Life Events with the Revision Technique

The Revision Technique is a technique that allows us to direct life events which have the potential to repeat themselves over and over again in our lives and into the trajectory we desire. With this technique, we can basically change the past, although “past” is not the correct term. I’ll shed some light on it:

As we have learned in the scientific and spiritual aspects, we are multidimensional beings. That means that all possible realities, space-time dimensions, already exist in the present. We don’t create a future or a reality in that sense, because everything already exists. The whole creation is perfect and complementary in itself.

We rather change our subjective reality through our perception and thereby shift into the reality that exists parallel to us and corresponds to our interpretation, our vibration. What we do is, we tune into these existing space-time dimensions; we accept the same interpretation with our state of consciousness.

Everything we can imagine we can achieve, because it already exists.

The whole creation and thus your existence always and only takes place in the present moment. Past and future *MUST* wander through the gate of the present, through this moment. Accordingly, the only reason why our past still exists is because *we carry into the present moment*.

The Revision Technique can rewrite these past events in such a way that we carry this rewritten reality as truth in us and this truth will then be reflected in the outside.

There are reports about this technique that sound almost unbelievable, but nevertheless happened exactly as described in the following sections.

Chapter 10.1 – Elmer O. Locker Jr’s Success with the Revision Technique

Elmer O. Locker Jr.’s daughter (David’s mother) had an accident, and this could have completely changed her life into undesirable directions. But by applying the Revision Technique and the Law of Assumption, this future could be revised. The following report tells what happened:

Elmer O. Locker Jr’s successful application of the Revision Technique [told by David]

“I [David] am going to share with you a true story, using the Law of Assumption, which actually took effect just a few hours after using it.

This is a story my grandfather shared with me years ago, but today I would like to share it with you. This is a story about how my mother injured her foot. She was running down the stairs full speed, chasing a ball. At the bottom of the stairs was a jar of mayonnaise. My mother stepped on it, the jar broke and a piece of glass shot right up through the middle of her foot and severed it, to the point where it tore all the ligaments in her foot.

At the time when it happened, my grandfather was in his office working, and he overheard my mother's cries and screams, because she was in so much pain. My grandfather ran down the stairs, found her, tried to stop the bleeding. They rushed her to the hospital in hopes of recovering her foot. They sewed and stitched the wounds, yet the physicians told my grandfather that, due to the severity of damage to the tendons, there was absolutely no chance my mother would be able to walk conventionally on that foot ever again.

My grandfather completely disregarded what they said, because at that time he went to see Neville twice a week. He went to the back of the Wilshire Ebell Theater, and it was the time when he had his own Arthur Murray Dance Studios. This was at his prime. He was studying consciousness and he knew exactly how everything worked and was very close with Neville Goddard. He knew that with imagination anything could be done, fixed, or repaired, and that you could do and achieve anything that you want, as this was something he was experiencing in his life a lot at that point in time.

So, he disregarded what the doctors said, and he went to a prayer chapel that was about half a mile down the road from the hospital. There, he visualized. He didn't tell me he went to a church, but I later found out from my grandmother.

My grandfather went into this prayer chapel and searched for a quiet place where he could visualize. Then he visualized a scene with him at a park with my mother. My mother was about five years old at this time, and he visualized her about the same age, but jumping up and down. He told me that he created a scene, and he did this for about an hour straight in this prayer chapel. He visualized my mother doing all these activities that would imply that her foot was working just fine; jumping up and down, rope skipping, running, jogging, doing backflips, whatever it was. He just went through a series of different activities that implied that my mother had a fully functional foot and that this event took place later, in the future.

He created it in the future, approximately three months from now. He did this for one hour, and then went back to the hospital and the most amazing thing happened. When he went back to check on my mother at the hospital, using the Law of Assumption, that same doctor that had taken her into surgery had been replaced by a different physician. And this physician appeared and talked to him and said, ‘If she wears this cast— there was a cast that she needed to wear for a few months— she will be able to walk again. And there's no question but she has to wear this for this number of months.’

This physician said that she would be able to walk again and have her foot fully recovered!

To this day, my mother walks just fine. She made a full recovery when they took the cast off a few months later. She was walking just fine. She never, ever had any issues with her foot again.

My grandfather neither created nor changed a scene, nor did he change what the doctor said to him. He didn't approach the problem directly. In fact, he approached it *indirectly* by advancing an event that would imply that she could walk and have a recovered foot, such as watching her jump up and down. This is an important topic. I believe that this is a very powerful technique because you're approaching it indirectly without creating excitement. You're creating more relief.

So, when he was watching ahead, he was creating more of a natural event that was taking place because he was watching her jump up and down. It is a natural thing to do at the park. He was doing something that was natural to him; not changing what the doctors said or something directly about the incident itself; only watching her jump up and down, implying that her foot was just fine and then imprinting it deeply into the subconscious.

When he was at the church, he went into a deep sleep-like state; this state that's between consciousness and unconsciousness – the subconscious. He didn't completely fall asleep, which you don't have to do.

If you have enough practice, you can do this at will. Actually, I've done this so many times that it works for me. I can do it standing; I can get into this drifting state in the middle of the day and feel my rational mind disengaging completely.

In fact, anyone can get into this state. My grandfather got into this state and he was watching my mother jump up and down, something that implied that her foot was fine, that she was completely healed.

Ask yourself, what would you be doing right now if you had 30 million dollars? Don't approach it directly. Look ahead. Find something indirect, something that implies you have 30 million dollars, or you had more money than you could spend. Don't even put a number on it. Just say, '*I am so relieved now that I have more money than I could ever spend.*' But avoid putting a number on it.

Sometimes a number can limit you. If you're using affirmations, don't put a number on it. Just say, '*I'm so relieved now. I have that feeling of relief of having more money than I could ever spend.*'

Say that to yourself instead of using a number. Approach it indirectly, such as what you would do in this scenario; something very powerful, something that would have to imply 100 percent that your wish was fulfilled, like what happened to my mother. She was jumping up and down. The doctors had just told him that she would never walk again. So, he visualized her jumping up and down, doing backflips, doing all of these things, jumping off the swing set at the park.

He went back and a new doctor told him, if she'd wear this cast for a few months, she would be able to walk and everything would be just fine. There are no coincidences. To me, this is what happened due to his visualization at that church. It's what he did, and it's exactly what works. It can work for anyone practicing this.

I wanted to share this story because of that indirectness. He could have changed what the doctor said, but he approached it indirectly. He could have visualized the doctor saying, '*Oh, if she wears this cast for three months, then she'll be fine.*' But he didn't do that. When he looked at my mother and visualized her jumping up and down with her foot being just fine, that caused the world to change. That caused him to transfer into another parallel reality where her foot was going to be fine. There was a new doctor that was brought in from

somewhere.

Something magical had to happen in order for that to take place. Him seeing her jump; jumping up and down implied that. And this is why all of this other stuff happened. He transferred to a different parallel reality. And you could do this with anything, whether it's about relationships, a new physique, a certain amount of money, being rich, wealthy, comfortable, happy, grateful. Anything that you want to use this for, just think about that. Think about this, meditate on this.“[\[115\]](#)

We can achieve everything and absolve ourselves of everything. *Everything is possible*. All possibilities, all space-time dimensions exist simultaneously in the present moment. We have been given the right and the gift by God to redeem ourselves completely! By our assumptions felt as true and given.

There is neither past nor future, only the present. This is the reason why it is possible to influence our outer world so far that it seems as if we would change our past or our future. Yet we only change ourselves, our inner world and thereby our reflection on the outside!

Chapter 10.2 - Neville's Lecture - The Pruning Shears of Revision

At this point I'd like to present you one of the most important and best-known lectures on the Revision Technique by Neville Goddard from 1954: *The Pruning Shears of Revision*.

"This morning's subject is 'The Pruning Shears of Revision'. I firmly believe that if you'll wisely and daily use the pruning shears of revision you'll find there is no objective beyond your ability to realize. And I mean that seriously, no objective beyond your ability to realize.

When I was a boy of seven, a lady said to me, "I have had a vision concerning you. I'll make it now very, very clear to you - I don't know what it is you are going to do, but I've been shown you'll do something that through the centuries after you are gone man will not undo it. I can see it and through the centuries you'll grow in stature long after you have gone. And then three men will be mentioned in hundreds of years to come and you'll be one of the three when something is discussed that was done for man."

I feel that this morning's subject that this could be it, that if I never said another word, and you heard it and believed it, and really used it, this would be the planting that would spread from us here that tomorrow could not undo. For it is magic, this pruning shears of revision. It really isn't only the achievement of objectives, but if you do it daily, it will awaken in you the spirit of Jesus, which is continual forgiveness of sin.

In this teaching the sinner should always go free; you'll never condemn him, for when the spirit is awake in you, you'll realize in him there is no condemnation, only forgiveness, and forgiveness isn't as man of the world thinks when he omits the actual execution of his revenge. What we mean by forgiveness is the identification of the other that we would forgive with the ideal that other wants to embody in the world. And so, we do to him what we expect or would like the world to do to us. So, whatever I myself would like to embody that is the vision that I must hold of every man that I meet in my world; that no man is to be discarded, every man is to be redeemed, and my life is the process whereby that redemption is brought about. And I do it by simply identifying the other with the ideal I want to externalize in my world.

Now we will go back to the 2nd of Genesis. It is said, “*And God placed man in the garden of Eden to dress it and to keep it.*”^[116] Now when you read the story you think it happened thousands of years ago. I have come to tell you it is now. You are now in the garden of Eden, and you think you are shut out or banished. You are in it, and the garden is your mind, but you need - like every gardener - pruning shears. For you have slept, as you are told in that second chapter; having slept, weeds have appeared in the garden and the weeds are revealing themselves by the conditions and the circumstances of life. For your garden is always projecting itself on the screen of space, and you can see by looking carefully at your world what you allow to grow in the garden of God.

But you have a mission, you have a purpose, it isn’t to amass a fortune - you can do it if you want to - it’s not to be famous, it isn’t to be some mighty power, but simply to tend the garden of God. That’s your purpose. You are placed in the garden to dress it and to keep it, that only the lovely things grow in the garden of God.

Now every man in the world is rooted in you who look out and see that world. Every man is rooted in me; he ends in me as I am rooted in and end in God. Because he is rooted in me, he cannot bear other than the nature the root allows. So, he is in me, and any changes desired in the outer world can be brought about only if I change the source of the thing I see growing in my world.

“*You see yonder fields? Don’t be surprised when you see sesamum: The sesamum was sesamum, the corn was corn, The silence and the darkness knew. So is a man’s fate born.*”^[117]

So don't judge it because you are the source of the thing that you are beholding. Now turn within and prune it by using these pruning shears of revision.

Now this is how we do it. At the end of my day, I review the day; I don't judge it, I simply review it. I look over the entire day, all the episodes, all the events, all the conversations, all the meetings, and then as I see it clearly in my mind's eye, I rewrite it. I rewrite it and make it conform to the ideal day I wish I had experienced.

I take scene after scene and rewrite it, revise it, and having revised my day, then in my imagination I relive that day, the revised day, and I do it over and over in my imagination until this seeming imagined state begins to take on to me the tones of reality. It seems that it's real, that I did experience it and I have found from experience that these revised days, if really lived, will change my tomorrows. When I meet people tomorrow that disappointed me today, they will

not, for in me I have changed the very nature of that being, and having changed him, he bears witness tomorrow of the change that took place within me. It is my duty to take this garden and really make it a garden by daily using the pruning shears of revision.

I know from experience it will not only bring about these objectives, and bring about these changes, but the glorious thing is, it awakens in you, by using it, the spirit of Jesus, and you find yourself then not justifying but forgiving, and realizing that freedom and forgiveness are indissolubly linked. You cannot be free and not forgive, for the one that you would bind and judge and condemn anchors you by your own judgment of him - for he is in you. And so, by identifying him with the ideal you want to really realize, you free yourself. You are told "*Forgive and you shall be forgiven. Forgive not and then you shall not be forgiven.*"^[118] It's automatic; it can't be otherwise for the whole springs from you who behold it. And as you begin to practice it the very spirit arouses itself within you and you know that you are he that others spoke about and thought lived 2000 years ago.

So, when you realize it, you realize it through actual knowledge, you know it; no argument, you don't tell others, you know that you are he.

And then you'll read the words in the ninth of Hebrews, "*He appeared to put away sin by the sacrifice of himself.*"^[119] And you'll know you are the one that put away sin by the sacrifice of self and by the sacrifice of self, it's not being a brave one throwing themselves in the line of fire to protect a brother, it doesn't mean one who gives his body to be burned, one who is nailed on a cross, but the self of man is the sum total of all that that man believes and consents to as true. So that's the self that is sacrificed.

I heard of this lady; she would make some man's a wonderful wife, and yet she was unwed. She desired to be the companion of a great noble person, but she was unwed. And this became a part of myself, that's my knowledge; I must sacrifice that self, that that aspect of my being be as happy as I am and those in my world are. For that's the self I must sacrifice and put away sin, for sin to the mystic means missing the mark; it doesn't mean the violation of certain codes, unless of course you have a mark and the violation fell short, but sin to the mystic is simply haying an aim in life and failing to realize it. So, when you miss the mark, you have sinned; so, he appeared to put away sin by the sacrifice of himself, and knowing that himself is only all that he consents to, all that he accepts, all that he believes to be true, then what am I believing concerning that one - he is unemployed and he can't find a job? I'm believing it. Now put away

that sin where he is missing his mark and then by the putting away of the sin I do it only by the sacrifice of myself and myself is that belief, so now I revise.

I can't say I will no longer believe he is unemployed: I believe he's employed. I do it by the pruning shears of revision. I bring him before my mind's eye, and I congratulate him on his good fortune because he is now gainfully employed. I allow him to accept my congratulations, because I don't see a man unemployed, I see him employed and he knows he is in my mind's eye for in that state I have pruned him from the unemployed state and once more reshaped the branch that grows in the garden of God. Tomorrow people will see him as they could not have seen him before the pruning that took place within me, and he will be gainfully employed. That one is unwell; you prune that branch.

You don't accept one thing in the world as final, unless it conforms to the ideal you want to realize in the world. But you do it daily; if you don't prune it daily, you'll get out of the habit, then weeds will grow. Every man who really is a gardener who calls himself a gardener in the garden of God, for every day is the opportunity to really prune the tree, this wonderful tree. And so, everyone that you meet is a branch rooted in the vine that you are, and you are that special tree in the garden of God, a tree bearing life, a tree bearing fruit for the food of the nations. You are that one.

If you take me seriously today, don't let the sun descend upon any vexation of the day tonight. Just look at it, don't deny it, don't duck it, look at it that you may prune it and then reshape it. Take the conversations with your friends today, were they pleasant, were they arguments, no matter what it is, were they negative?

Then rewrite the script and just imagine the conversation to have taken place that now you are rewriting for the first time. And it will take place, for everything in your world that you behold, though it appears without, it is within, in your imagination. And this wonderful imagination of yours is Christ Jesus. Imagination is the actual habitation of every created thing. No matter what you see in the world, it springs from your imagination. So that's where you go, that's the workshop, the garden of God.

And now you have a mission, you have a purpose in life; it's a noble purpose, because you have been selected to become the chief gardener in the garden of God, and in the garden, you must have pruning shears, and pruning shears mean revision. You simply revise, and as you revise the day you repeal it, for the day isn't slipping into the past, it doesn't recede as people think, it is always advancing into the future to confront you, either pruned or in some strange weed-like state. So, it's entirely up to us - I hope that every man and woman here

today will take me seriously and start this day pruning your garden. pruning your mind.

I know before I leave this city in a matter of two weeks that you'll be able to tell me of the new things that spring in your world or that spring from the pruned tree that is your own lovely imagination. You try it: then you'll know what Blake meant when he said. "*In heaven, the only art of living is forgetting and forgiving.*"^[120] The only art of living is complete forgetfulness by putting something in its place, no vacuum.

So, when you read these strange stories in the daily press, you simply ignore them. They mean nothing. Men who are calling themselves leaders, shepherds of the flock, they excommunicate - not just one religion, all religions the leaders take it upon themselves to excommunicate, not knowing nothing is to be discarded, not a thing in the world can you discard for it is forever, but it can be pruned and made to conform to the ideal image.

The man who will not revise his day either doesn't know it or he has lost the vision of that life into the likeness of which it is the true labor of the spirit of Jesus that transformed this life. So, you don't discard them.

In the current issue of *Time Magazine* there is that noble soul who is known to us as Spinoza, Baruch de Spinoza, who has given so much to the world of philosophy, so much everyone has been enriched because he walked the earth. And here 300 years later, the ex-premier of Israel, Ben-Gurion, has asked the leading rabbis today to rescind that excommunication of 300 years ago, and they tell this noble soul today that they cannot rescind the works of their forefathers, that the curse remains forever. You should read that silly, silly curse as it's printed in the current issue of *Time Magazine*. They call upon all the angels to curse him, as though angels would curse; they call upon everything to blast him, you could not walk within four cubits of the man's shadow; no one should talk to him, no one should show him kindness, no one should write him and never read anything he ever has to say; and that's 300 years ago.

The rabbis who so cursed him have long been forgotten and if they do live, they live only by reason of their curse. And no one knows really who they really are, but you can't forget if you read in this world the works of Spinoza. Everyone in this audience possibly has used one of his phrases; did you know it was he who said "nature abhors a vacuum"? Now you use it; I use it, but what is the source of it? It was Spinoza. For here was this giant of a mind that after 300 years little minds who think they're leading the flock; they call themselves shepherds. They should go back and read the Book of Jeremiah, "*You shepherds who spoil my*

vines and you who have come into my garden and you have taken my vines, now it bears no grape and it bears no leaf, and the garden of Jerusalem now has become a weed.^[121] Read it in Jeremiah, how he cries out because shepherds, who call themselves shepherds, are blind leaders of the blind.

You take me this morning at my word; you owe me nothing, it costs you not a thing to come here this morning, you come you give me your time and I give you my time, but you go out and try it and start this day pruning that wonderful imagination of yours.

Do you know someone that is evil? Stop knowing it by bringing him before your mind's eye and carry on with him the most wonderful conversation in the world, with a tender spirit, a loving spirit, and believe in the reality of this communion, because if you really do it, you are entering the kingdom of heaven, for you enter heaven by a loving, knowing communion with a friend.

So, make him a friend, if he is a lovely one, no matter what he is, you can prune him and then as you prune him you are doing the work which you were sent to do for man - and you are that man - you are placed this day in the garden of Eden to dress it and to keep it. Don't let it continue growing weeds in your world. You are responsible for every being you meet in this world; that's your responsibility.

Just like the teacher we told you of who took this little child that was just about to be expelled; no, the child isn't expelled because she heard what you are hearing this morning. So, she brought before her mind's eye the child that the principal, the psychiatrist and all the faculty had agreed unanimously to expel her on her 16th birthday, because she was rude, she was crude, she was unethical; and she went home on a Sunday night and brought that child before her mind's eye and communed with her and saw in her a tender child, a considerate child, a loving child.

The next day, Monday, in class she expressed all the kindness of that revision of the night before, and ten days later when it was seen and witnessed by all the faculty, and the psychiatrist, another meeting was called, and they repealed their verdict of ten days before and the child wasn't expelled. She still sits in the George Washington High School in New York City, which is considered an excellent school; and so there she is, with no black marks against her because one teacher sat in the audience, as you are here, and she believed, what I hope everyone here will believe, and she redeemed a branch of her own tree. She didn't realize the child was herself. She saw up to that very moment all the children that she taught in pure objectivity.

A blind man sees the world objectively to himself, something detached from himself. When man begins to awake, he sees everything subjectively related; everything he meets is part of himself, and what he doesn't now understand, still he knows that it is related by affinity to some yet unrealized force in his own being. So, he doesn't discard it, he knows his life is the process by which he will redeem it and he redeems it by using the pruning shears of revision.

So, I feel that if after these 50 years of walking this earth that this is what that lady saw when I was but seven, I could really close the eye on three dimensions at any moment knowing you'll not disprove it: you may never use them but you'll never disprove this art of revision. And any man who will try it will prove it to his satisfaction that he can rise beyond the wildest dream of men, and rising he awakens the spirit of forgiveness. He will rise in the early stages in the successful venture; he will increase his income, he will do all these things, but he will realize after a little while that wasn't the purpose.

They were only toys to tickle him, toys to amuse him until he awoke within himself the spirit of Jesus; then he sees an entirely different mission, not the amassing of wealth but the redeeming of society, the redeeming of every man in the world. He comes to do his Father's will and we are told in the 6th chapter of John, "*This is my Father's will, that of all that he has given me I should lose nothing but I should raise it up again.*"^[122]

Lose nothing – no, you don't excommunicate, you don't rub out, you simply raise it up again and as you raise it up you raise yourself up and the journey is forever. You are moving up an infinite vertical line in your own wonderful imagination, and you only move up by lifting others up. Blind men think they can save themselves, and because they think they can save themselves and discard the rest. The blind man also said this hundreds of years ago. "*He saved as he saved others; himself he cannot save.*"^[123]

But I tell you: that it's a false statement; it was put into the mouth of the Pharisee, put into the mouth of the Sanhedrin, the leaders who thought they were leaders, but I will tell you a man saves himself by, and only by the saving of his fellowman. There is no other way of saving self, other than by saving the real self and every man is rooted in you who observes men. And so don't discard, raise them up, prune the tree, and become the real gardener in the garden of God.

Take anything; you have a child today: we took all the requests this morning, there were dozens and dozens of requests this morning. Everyone must be answered, none must be discarded; don't say one is impossible, there is nothing impossible to your imagination and your imagination is Christ Jesus. With Him

all things are possible. Use him, stir him, wake him from his sleep; he has been sleeping through the centuries: because he has slept, he has dreamed into being all these strange, misshaped states. For the world only bears witness of the use or misuse of imagination.

As we are told, he is the only thing in the world. What he is the only thing in the world? Your imagination, for it is the habitation of every created thing and by it all things are made, and without it is nothing made that is made. So, use it wisely, use it lovingly and any time you use your imagination lovingly on behalf of another you are at that moment literally mediating God to man. Imagination is the redemptive power of the world, and you are mediating God to man by using it in a loving, wonderful way."

He who loses himself in the outside, is fast asleep! He who finds himself in the inside, is awake!

What Neville wants to show us with his lecture is quite simple: Our inner being, our assumptions, our imagination have the ability to shape our own life and the life of our fellow men in a wonderful and sublime way – if we know how to use the abilities and powers dwelling in us with our heart and mind.

We are all connected on a spiritual, subtle level. We are all interwoven with each other. We are all one being. One spirit, one soul, one body! We have the gift and power to nurture all ideas and assumptions that reside within us; to cultivate and guard them, whether they affect others or ourselves. This makes this version of our world shine as a place where everyone can find the happiness he or she is looking for. To forgive is to forget. Take advantage of this opportunity.

The Revision Technique should be used *every day*. On the one hand, it trains us to imagine and feel into the desired state. On the other hand, we break through all the beliefs, all the repetitive life events, since we revise the ups and downs of these cycles. We automatically rewrite all conscious and unconscious patterns and undesirable beliefs. Thereby we carry good memories within which will then be reflected in the outside world.

The question that we should ask ourselves when using the Revision Technique, or in life in general, is:

How do you want people to treat you?

You don't want rejection. You want to experience love, affection, and attention. Everything that you perceive on the outside is an expression of yourself, your state of consciousness. Everything that exists on the outside is an expression of God. Every single one of us is God, so you as well! Thus, ask yourself whenever you think of someone:

How do you want to be treated?

Let the outside world stay outside, don't react to it. It has no relevance! It is never the cause, it only shows the *effect*, which we set as cause with our state of consciousness or assumption. The only thing that has relevance is our inner world.

Cultivate your inner garden. Cultivate it and take care of it.

Chapter 11 - Enrich Your Inner World with the Information of Your Outer World

In the course of this book we have covered some very important topics. You have learned that your state of consciousness is the sum of all the things you *believe*, supposedly *know*, are *convinced of*, and thereby *think* and *feel*. You have learned that your feeling is mainly responsible for your manifestations; that your inner world is composed of your consciousness and subconsciousness; that sleep or a sleep-like state is the gateway to the subconscious; that the subconscious is connected to the sea of all possibilities; and how important it is to feed your conscious mind with positive assumptions and the feelings that arise from them – so that when the conscious and the subconscious mate, we will produce positive offspring, positive manifestations in our external world.

This is where the following recommendation comes in. We will now go into the *quality of God's consciousness*, or to be more precise, into the quality of the information which we can find in our outer world. With this, we can increase our awareness of our conscious intake and thus enrich our inner world.

We have learned in this book that the quality of God entirely depends on our interpretation, that is, our state of consciousness. External information per se does not play any role. We can completely rewrite any information (I^1) by our interpretation (I^2) and the corresponding intensity (I^3). No matter what we consume from the outside in, we have complete control over its effect.

An example: Assume you are on an organic trend and so it is important to you that utilities are made with natural ingredients. Now you are at a friend's house, and you go to the restroom and see this liquid, very chemical soap at the sink. What now? Sure, you can decide to not use the soap. But you could also do the following: Take the soap, wash your hands with it and express infinite gratitude to the soap that it exists and that you can wash your hands with soap. By doing so, you change the basic information of the soap and its effect on you. Nothing exists outside of you! The whole vast World is you pushed out.

You can do that with everything you encounter in your outside world. Abdullah exemplified this to Neville, but he was also a master of consciousness. He never allowed himself to be blinded by the outside world. He was fully aware that his consciousness was in complete control of its effect in the outside world.

However, as each individual needs more or less time until they reach a similar state of consciousness, I'd like to share some recommendations for the information that is found in the outer world and whose quality we can use for our inner world. The following list includes things that we can experience in the outside world and will fill our consciousness, our inner being with positive feelings. This is why I call this list the *I-Am-Happy-List*. Everything has its counterpart. As within, so without. As without, so within.

Chapter 11.1 - The I-Am-Happy-List

1. Avoid watching news.

First, I would like to point out that you should try to consume less of what we generally define as *news*. The question is, who manages to maintain a positive assumption in the face of all the bad news from all over the world? It doesn't matter whether it's "mainstream" news or news from alternative sources. Bad news has a negative interpretation, and this can spill over to us and influence our assumptions and thus our feelings.

The mastery lies in looking at these messages neutrally and rewriting them with the Revision Technique inside you. But until this works reliably, I would recommend to simply consume less to no bad news at all. Because let's face it, most (bad) news would never influence our lives, but they do on a mental level, because we let them influence our assumptions, thus our state of consciousness.

2. Laugh more often.

What could be better than laughing with all your heart? Each of us has a close person, a comedian, a cabaret artist, an actor, etc. who really makes us laugh and fills our heart with happiness and joy. The feelings of happiness and joy are powerful and will also give us more moments of happiness and joy in the outside. If you lack such moments in your life, I recommend trying this.

3. Spend more time in nature.

Do not underestimate the effects of spending time in nature. Forests, mountains, rivers, etc. have a strong healing effect on our lives. There are many good reasons why the so-called forest bathing is used as a form of therapy. The trend of forest bathing originally comes from Japan. There, forest bathing is called *Shinrin Yoku*, meaning 'taking a bath in the atmosphere of the forest'. It is primarily about engaging with and perceiving the forest with all senses; you can hear the birds and the wind in the trees and the river flowing through the rocks. You see the play of colors and smell the ethereal scents, which contain the entire diversity of the forest's flora. These things give us feelings of relaxation and calm our minds, thereby giving us more clarity and perspective. So, in other words, try to spend more time in nature to feel better.

4. Hug and cuddle your loved ones.

Being physically close with friends or partners is one of the basic human needs. Just a hug of about 10-20 seconds causes a feeling of deep emotional closeness and evokes trust and security. These are desirable feelings to reflect on the outside. The same applies to cuddling or sex for the sake of mutual deep affection, love, and intimacy.

Therefore, hug your family members and friends more often and longer. Be close with your romantic partner. Pet your furry friends to show them love and affection. Alternatively, let yourself be massaged more often.

5. Dance, sing or make music.

Humans have always loved making music, listening to it, and moving to its rhythms. Singing also creates strong feelings. These artistic expressions are a wonderful way to open your heart and just feel good and happy. Play an instrument, go dancing or sing along to your favorite songs at full volume in your room, in the shower or anywhere else.

6. Nourish your body with a conscious, natural diet.

Abdullah was able to pour everything into himself without even a hint of suffering thereafter. We can do just the same, especially through the feeling of gratitude toward the food we eat. Through gratitude, we can eat and drink anything we want if we raise the origin quality to a level that is good for us and doesn't harm us. However, since most people might have difficulties to express gratitude for everything they eat or drink, I want to mention one or two things about nutrition.

First, don't change your eating habits compulsively. This doesn't help, but usually only aggravates the underlying problem. Most likely your current state of consciousness will create some kind of resistance, which will then cause you physical resistance or physical discomfort. Try simple basics instead. For example, make sure that the origin of your food is as natural as possible for natural food has a higher quality than processed food. Watch out for stabilizers or other additives. Also, not all organic food is of the same quality. Wild herbs, too, have a very high quality of origin. Their information has a very positive interpretation and a very high intensity of this interpretation which spills over

quickly to your state of consciousness.

Second, drink water! Water is life! If you prefer flavored water, tea or elderflower syrup are a great choice, as well as natural fruit or vegetable juices. However, avoid artificial drinks with sweeteners and colorants.

The more natural the origin, the more positive the information and energy that we take in. This information also influences our thinking and feeling. It is not by accident that the body is called the temple of the mind.

7. *Move your body.*

Speaking of the temple of the mind: *Move your body*, preferably until you feel exhausted. The feeling of exhaustion demonstrates our resilience and relieves both emotional and physical stress at the same time. The exercise itself is not relevant, just do something that you really enjoy, like jogging, working out at the gym, climbing, hiking, dancing, or swimming.

8. *Read books.*

Reading non-fiction can nourish your state of consciousness and increase your awareness and knowledge about certain topics. Fictional books, on the other hand, can help you strengthen your imagination. If you need some inspiration on what books to pick, you'll find a bibliography at the end of this book.

Chapter 11.2 - Everything Has Its Correspondences

Your inner and outer world correspond to each other. So, in order to apply the previous tips on a sustainable base, they need to be in harmony with your inner world. It is therefore recommended to first practice them imaginatively, so with the act of manifestation. Just before going to sleep, imagine that you walk in nature more often, eat healthier or read a good, positive, and helpful book and take these feelings with you into sleep. Otherwise, if you practice this compulsively, it may have a negative effect.

If you feel no resistance to the recommendations and you accept them, I promise they will have a positive influence on your state of consciousness as well as the maintenance of your positive assumption, and just generally, on your attitude – the interpretation – of your external world.

The cause, however, *always lies in our assumption*. This is why I want to give a practical summary of the most important teachings of Neville Goddard:

- To fulfill your wish, you must embrace the *feeling* you would have if your wish had already been fulfilled. Feel the satisfaction and gratitude that come with the fulfillment of your wish. We never receive what we wish for, but what we *feel* we are or have.
- In order to manifest your desire faster, you need to transfer this feeling of wish fulfillment from your consciousness into your subconsciousness. You do this by taking the feeling of your wish fulfillment with you into *sleep* for at least 3-7 consecutive days!
- Use an *imaginal act* that you perceive with one or more of your imaginative senses to make the feeling of your wish fulfillment feel real.
- Be *persistent* in the assumption of your wish until the feeling of its fulfillment is established and until you have an inner certainty that your wish has been fulfilled. The inner certainty is equal to the belief, knowledge and conviction of your wish fulfillment and the highest intensity you can provide.
- Let the *outside world* be the outside world. If you persist in maintaining your assumption, the evidence of your wish

fulfillment will also become visible in the outside world. An assumption that is maintained as true, even if it appears to be false in the outside world, will materialize into fact.

- Every night, make sure you fall asleep with a positive, good *feeling*. This is essential to enable you to live a life of happiness, joy, and wonder.
- Pay attention to your *inner self-talk*. This, too, is an imaginal act perceived as true and must correspond to your wish fulfillment to achieve it.
- Use the *Revision Technique* daily to adjust your experiences to your wish fulfillment. On the one hand, this will help you reach your goals faster, and on the other, you will eliminate all your negative beliefs.
- If you ask yourself what to do during the manifestation process and the Bridge of Incidents in the outside world, the answer is: *NOTHING!* You are guided to your wish fulfillment. Focus on yourself and the feeling of your wish fulfillment.

Of course, this summary does not include every little aspect that this book covered, but it is the essence in regard of manifestation. Apply the techniques described in this book and integrate them in your daily life. With this, you will be able to manifest your desires and your dream life.

We may and can manifest all the desires we truly want with our heart. This is the will of God and thus, our own will.

David and I wish you all the best in fulfilling your desires and wishes. Enjoy and have fun!

Chapter 12 - Where Do We Go From Here?

We have reached the end of this book, but not necessarily the end of our journey. If you want to continue the journey with us, I invite you to visit our websites and channels on social media (last page).

There, we provide more information about Neville Goddard and the Law of Assumption. We can also discuss or clarify open questions because I know that this book can be a flood of information for some, making it difficult to execute all of the techniques. So, if you want to be part of our community, you are welcome anytime.

In case you liked the book, we would appreciate if you left a review on Amazon. This would help to increase the book's reach and make the information available to more people. Our deepest wish is to give back the gift that Neville has given to us. I thank you in advance!

We wish you all the best, much joy and success in manifesting the dream life you desire and deserve. Maybe we will see, read, and hear each other via social media.

Love you all,

Fabio and David

Literature List

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Helen Schucman: A Course in Miracles[\[131\]](#)

Wayne Dyer: Change Your Thoughts, Change Your Life[\[132\]](#)

Explanation of Terms

Affirmations: Another word for mantras, or “a means of thought that leads to liberation”. Affirmations are states that we want to adopt and by repeating and internalizing them, we can achieve the desired state. However, an affirmation is not just words, but it needs to be felt as true and real.

Assumption: A self-implied fact that has not yet materialized in the external world. An assumption that is perceived as true, no matter how false it apparently is, hardens into a perceptible fact in the outer world.

Christ: Represents the power and wisdom of God in human form; being in the state of consciousness that everything and everyone can be redeemed.

Consciousness: The part of one's consciousness that can consciously perceive and interpret information in our inner and outer world.

Faith: To see, hear, feel, and accept as true what isn't visible in the outer world (yet). Your faith is your inner certainty and thus also your destiny.

God: The original information, the original energy, the original consciousness, which has mirrored all perceptible levels, correspondences, and states out of itself. God is everything that is. God is you yourself and everything you can perceive. Imagine God as a container full of water in which you are a drop. You can perceive yourself as a drop, thus as the person you are right now. At the same time, you can perceive yourself as the whole container, as God. This is also the reason why we can assume any state of consciousness we want to assume.

Imagination: The power that creates everything in this world. We ourselves and everything we perceive is created from imagination, the consciousness of God. So, our imagination is our consciousness—the consciousness of God. Imagination is the power that allows us to perform an imaginal act and perceive it as true with our imaginative senses, thereby invoking the desired state.

Imaginal Act: A mental scene that we can experience and feel with our imaginative senses. This allows us to feel the imaginal act as true and given and to reshape our inner world, which is then reflected in the outside. This is why we use the imaginal act to manifest.

Imaginative Senses: The same senses that we use to perceive our external world, except that we use them to perceive our internal world. We can see, hear, feel, smell and taste imaginatively and thereby explore and perceive our inner world.

Inner World: Another word for the current state of consciousness and the cause for what we can perceive as an effect in our outer world. It is the sum of everything we believe, know, are convinced of, think, and feel.

Kingdom of Heaven: Another expression for the quantum field or the sea of all possibilities. These are all conceivable and unconceivable states that God created from the first reflection of Himself to be able to accept and experience them.

Manifestation: The reflection of your inner world in the outer world. Everything that you think, feel and perceive as true and given represents your inner world, and this will always be projected in your outer world. Therefore, we manifest all the time, consciously or unconsciously.

Multidimensional: All of our imaginable versions exist parallel to us in the respective (space-time) dimensions and in the here and now. Since we can shift into these dimensions, we are multidimensional.

Outer world: The projection screen that mirrors the state of our inner world. It is caused by our state of consciousness and is only as real as we assume and feel it to be.

Parallel Universes: States of our so-called reality, which we can assume. There are countless universes that exist parallel to our universe and overlap with it. Through the act of manifestation, we traverse these parallel universes, to the point where we reach the parallel reality that corresponds to our inner world. We vibrate into the respective parallel reality through our interpretation, our state of consciousness.

Quantum Field: The sea of all possibilities. All conceivable and not conceivable states, information and energies are stored in this quantum field. These are retrievable at any time and from any place. By accepting the respective desired state, we receive the corresponding information and energy in each case. The Scripture don't speak of quantum field, they say kingdom of heaven.

Reality: The scientifically measurable objective external world. It is independent of our perception and cannot be formed or changed. However, infinite of these realities exists simultaneously to us. We can reach these parallel realities by our perception, our subjective reality.

Self-Image: Another word for the inner world.

Space-Time Dimensions: Another word for parallel universes or realities.

State of Consciousness: The individual aspects or reflections, which God has

created out of Himself. We can assume any state of consciousness that we desire, which means we can be who we want and have what we want.

Subconscious: The part of one's consciousness that is connected to the sea of all possibilities. Our subconscious mind accepts everything as true and given and mirrors it in our external world. The subconscious mind operates with images and feelings that we experience in our consciousness.

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